|  |  |  |
| --- | --- | --- |
| **REFLECTIONS:** | **REFLECTION: How does the example of sowing and caring for the seeds within us give us hope?** | **REFLECTIONS:** |
| If I take care of myself, have compassion, and understand that I am the angel of my life, I will be able to help those who need help even more.  The seeds I wish to grow are: compassion, confidence, self-love, and faith. For me, it is about continuing to do, maintaining consistency, not waiting for someone magical to come and solve my whole life. And what I most wish to grow is patience, to deal with others and with myself. | We will be fortified and firm to better understand each situation that happens. I believe in hope because by taking care of these seeds, we can see them grow, and that leads to hope. | Compassion for me is confidence in oneself and believing that one deserves the right to love. I believe I am still building this within myself. Compassion for me is seeing and recognizing the pain of others, even if it doesn't hurt me, being able to embrace the other. Most of the time, yes. |
|  |  |  |
| I always seek to sow tranquility, peace, harmony, and hope. Every day, I strive to maintain balance even in the face of so many injustices.  Nurturing hope within myself is the first challenge I face daily. I have the opportunity to have this clarity on life's journey, which nourishes me every day and gives me hope even when everything seems lost. | We know that optimistic thinking helps to navigate the most difficult paths, and we know that it is not always possible to maintain optimism. Therefore, it is important that you know yourself so that you can nourish yourself with good energies. The world needs you, the world needs your love and your hope. This is how I nurture my hope every day . | We know that optimistic thinking helps to navigate the most difficult paths, and we know that it is not always possible to maintain optimism. Therefore, it is important that you know yourself so that you can nourish yourself with good energies. The world needs you, the world needs your love and your hope. This is how I nurture my hope every day. |
| Planting and nurturing seeds within myself means cultivating qualities and values that I wish to see flourish, such as patience, compassion, and resilience. It is dedicating time and attention to what strengthens me, nurturing each aspect with actions, thoughts, and experiences that promote growth.  The seeds I wish to cultivate are serenity and self-confidence, so that I can face challenges with more tranquility, and generosity, so that I can positively impact the lives around me. I also want to develop the seed of curiosity, to continue learning and deeply connecting with the world around me. | The example of sowing and nurturing seeds within us brings hope because it reminds us that we have the power of transformation in our own hands. Just as a seed can become a tree, our small efforts, when cultivated with patience and dedication, can blossom into significant changes. This process reinforces the idea that we can be the "angel" in our lives, taking care of what we plant to reap better fruits in the future. Each small action is a door we open to hope, allowing it to grow from what we nurture and believe in our hearts. | Compassion is the ability to deeply connect with the suffering of others, offering understanding, support, and a desire to alleviate their pain. It is a form of empathy that seeks to transform the feeling into careful and kind action.  No, I don't have it. I am seeking to have it, but I don't have it yet. |
| Planting seeds within ourselves means feeling emotions and always doing our best to multiply and spread them to the people around us. I want to flourish with seeds of love, understanding, empathy, peace, health, and hope. It means making choices, walking paths, and from this, reaping the eventual consequences of each action taken. I want the seeds of understanding, self-care, and health to grow within me. | To be able to create love within yourself, you need the hope of having somewhere to deposit that love. So everything you "plant" within yourself, you have the hope that this "plantation" will grow, flourish, and spread wherever you go. It gives hope to know that we are in constant planting, so even though there is guilt and sadness for past mistakes, we know that we can do things differently from now on. | Having compassion is the virtue of sharing another's suffering. It doesn't mean you will know exactly what the other person is feeling or going through, but you are willing to offer support and understanding to them. I tend to have self-compassion, but not enough to fully support myself without judgment, and this is something I need to work on changing. Compassion is having empathy for another's pain, recognizing that we are human, flawed, and constantly striving to be better each day. Self-compassion has always accompanied me, sometimes calmly, at other times with much pain and guilt, but it is a process in life. Eventually, the pain eases and makes room for hope in the future. |
|  |  |  |
| We have all the seeds of all the feelings inherent in us human beings, whether bad or good. Thus, we are free to plant them in the gardens of our lives. Therefore, it is necessary for us to understand that harvesting good fruits depends only on us. So, we must plant all the feelings that bring us peace, love, and hope. | When we plant good seeds, we will reap good fruits; the opposite is also true. Therefore, we must reflect every day of our lives on what types of seeds we are cultivating in our lives. What are the feelings that will bring us hope, peace, and love? When we understand that it only depends on us, we become much more hopeful about what awaits us. | Compassion is the act of putting oneself in another's place and understanding their suffering, their pains, and their indecisions, knowing that we are all fallible but recoverable human beings, and knowing that we always have the opportunity to do things differently, to do what is right, and to look at ourselves and examine ourselves to make the necessary changes in order to have a dignified life. |
| Hope is a resource available to everyone and can help in difficult times.  The true nature of human beings is to be at peace, seek contentment, evolve, and gain knowledge. Every human being on the face of the earth has the fundamental right to feel peace, and the source of peace is within you. It is time for the citizens of the world to open their eyes and become active participants in the pursuit of peace. And what effort must we make? We must look at ourselves as sources of peace. If we act this way, peace will come. There is a place of peace in the heart of every human being. Choose peace.  Video: The Seed  We received an incredible opportunity, an incredible field, the field of life. Nothing has been planted, but it has the potential to germinate anything. We received seeds, but the real opportunity is what we do with these seeds. Seeds of love, knowledge, doubt... each seed has a certain quality, something to offer that you may or may not like. If you plant the seed of doubt and it becomes a tree, you nurture it. And the tree of understanding? If you look at your garden and don't see it? It's because you didn't plant it. But the beauty is that it's never too late to plant it, but not only that: protect them, nurture them, so they germinate and grow. People may ask you: are you happy? Did you plant the seed of contentment? Of understanding? Of love? Love affects everyone around, not just the one who feels it. Everyone starts to feel it. There is a saying: the world loves those who love. Plant the seed of love and you will receive the feeling of love in your heart. Plant clarity and you will receive clarity... plant the seeds you want to harvest and help them grow.  Hope Arrives: Being alive is the most wonderful thing, despite everything. The door you have opened so far has been: this and that. When prisoners understand that they are the angels who can change their own lives, the doors will fully open and hope will enter.  Never Forget: As a human being, you have rhythm: move, walk, go! Understand your mortality and let it inspire you to continue and not stop. Also understand your immortality, because part of you is immortal. There is the rhythm of knowing, understanding, movement, dance, which touches within you. Dance to this rhythm, dance this dance, it is the dance of understanding. I understand the gift I received, my desire to flourish, and the beauty is in the spring that will come. For each tree, each flower, that is what matters. It doesn't matter how high the snow is over the flower, spring will come and that is what matters. It doesn't matter how long the night lasts, the sun will rise and the morning will come. It doesn't matter the list of failures, but each success. Are you passionate about gratitude? About acceptance? About life? Do you understand what sincerity is? What have we not tried yet? Compassion... compassion for my existence, for the existence of every human being on the face of the earth. Not logic, but compassion, because from it comes understanding, and I understand, and from understanding comes personal growth. Who are you? What is important in your life? Of all your days of life, if in one of them you are fulfilled, then life will have been worth it. | Hope is a resource available to everyone and can help in difficult times.  The true nature of human beings is to be at peace, seek contentment, evolve, and gain knowledge. Every human being on the face of the earth has the fundamental right to feel peace, and the source of peace is within you. It is time for the citizens of the world to open their eyes and become active participants in the pursuit of peace. And what effort must we make? We must look at ourselves as sources of peace. If we act this way, peace will come. There is a place of peace in the heart of every human being. Choose peace.  Video: The Seed  We received an incredible opportunity, an incredible field, the field of life. Nothing has been planted, but it has the potential to germinate anything. We received seeds, but the real opportunity is what we do with these seeds. Seeds of love, knowledge, doubt... each seed has a certain quality, something to offer that you may or may not like. If you plant the seed of doubt and it becomes a tree, you nurture it. And the tree of understanding? If you look at your garden and don't see it? It's because you didn't plant it. But the beauty is that it's never too late to plant it, but not only that: protect them, nurture them, so they germinate and grow. People may ask you: are you happy? Did you plant the seed of contentment? Of understanding? Of love? Love affects everyone around, not just the one who feels it. Everyone starts to feel it. There is a saying: the world loves those who love. Plant the seed of love and you will receive the feeling of love in your heart. Plant clarity and you will receive clarity... plant the seeds you want to harvest and help them grow.  Hope Arrives: Being alive is the most wonderful thing, despite everything. The door you have opened so far has been: this and that. When prisoners understand that they are the angels who can change their own lives, the doors will fully open and hope will enter.  Never Forget: As a human being, you have rhythm: move, walk, go! Understand your mortality and let it inspire you to continue and not stop. Also understand your immortality, because part of you is immortal. There is the rhythm of knowing, understanding, movement, dance, which touches within you. Dance to this rhythm, dance this dance, it is the dance of understanding. I understand the gift I received, my desire to flourish, and the beauty is in the spring that will come. For each tree, each flower, that is what matters. It doesn't matter how high the snow is over the flower, spring will come and that is what matters. It doesn't matter how long the night lasts, the sun will rise and the morning will come. It doesn't matter the list of failures, but each success. Are you passionate about gratitude? About acceptance? About life? Do you understand what sincerity is? What have we not tried yet? Compassion... compassion for my existence, for the existence of every human being on the face of the earth. Not logic, but compassion, because from it comes understanding, and I understand, and from understanding comes personal growth. Who are you? What is important in your life? Of all your days of life, if in one of them you are fulfilled, then life will have been worth it. | Hope is a resource available to everyone and can help in difficult times.  The true nature of human beings is to be at peace, seek contentment, evolve, and gain knowledge. Every human being on the face of the earth has the fundamental right to feel peace, and the source of peace is within you. It is time for the citizens of the world to open their eyes and become active participants in the pursuit of peace. And what effort must we make? We must look at ourselves as sources of peace. If we act this way, peace will come. There is a place of peace in the heart of every human being. Choose peace.  Video: The Seed  We received an incredible opportunity, an incredible field, the field of life. Nothing has been planted, but it has the potential to germinate anything. We received seeds, but the real opportunity is what we do with these seeds. Seeds of love, knowledge, doubt... each seed has a certain quality, something to offer that you may or may not like. If you plant the seed of doubt and it becomes a tree, you nurture it. And the tree of understanding? If you look at your garden and don't see it? It's because you didn't plant it. But the beauty is that it's never too late to plant it, but not only that: protect them, nurture them, so they germinate and grow. People may ask you: are you happy? Did you plant the seed of contentment? Of understanding? Of love? Love affects everyone around, not just the one who feels it. Everyone starts to feel it. There is a saying: the world loves those who love. Plant the seed of love and you will receive the feeling of love in your heart. Plant clarity and you will receive clarity... plant the seeds you want to harvest and help them grow.  Hope Arrives: Being alive is the most wonderful thing, despite everything. The door you have opened so far has been: this and that. When prisoners understand that they are the angels who can change their own lives, the doors will fully open and hope will enter.  Never Forget: As a human being, you have rhythm: move, walk, go! Understand your mortality and let it inspire you to continue and not stop. Also understand your immortality, because part of you is immortal. There is the rhythm of knowing, understanding, movement, dance, which touches within you. Dance to this rhythm, dance this dance, it is the dance of understanding. I understand the gift I received, my desire to flourish, and the beauty is in the spring that will come. For each tree, each flower, that is what matters. It doesn't matter how high the snow is over the flower, spring will come and that is what matters. It doesn't matter how long the night lasts, the sun will rise and the morning will come. It doesn't matter the list of failures, but each success. Are you passionate about gratitude? About acceptance? About life? Do you understand what sincerity is? What have we not tried yet? Compassion... compassion for my existence, for the existence of every human being on the face of the earth. Not logic, but compassion, because from it comes understanding, and I understand, and from understanding comes personal growth. Who are you? What is important in your life? Of all your days of life, if in one of them you are fulfilled, then life will have been worth it. |
| For me, planting and nurturing seeds within myself means cultivating values, skills, and personal qualities that contribute to my growth and well-being. The seeds I wish to cultivate include compassion, resilience, creativity, and wisdom. | The example of sowing and caring for the seeds within us gives us hope by demonstrating that we have the power to cultivate positive change in our lives. It reminds us that we can learn, grow, and transform through self-care, self-compassion, and ongoing personal development. It encourages us to believe that we can overcome challenges, achieve our goals, and build a better future based on what we plant and cultivate within ourselves. | Compassion is the ability to feel empathy for others, accompanied by a genuine desire to alleviate their suffering or help them in some way. I always try to practice treating others with kindness and understanding. |
| 1. It means investing in yourself and believing in yourself to be a little better every day   . 2. I wish that the seed of peace grows, the seed of trust grows and the seed of love continues to grow. | This example gives us hope because we know that by sowing and caring for ourselves we will have something to reap in the future, it gives us a perspective that tomorrow can and probably will be better if we continue to care for the seed, because it will continue to grow. | Compassion comes from understanding, it is when you value a person, their pain, their feelings, because when we understand, we give value to that.   Unfortunately, I don't have much self-compassion, I know that today I am better than before, but it is something that I have been working on, a seed that I planted and I am taking care of every day. |
| Planting and caring for seeds within me means discovering myself, being a human being capable of seeing beyond myself, being altruistic, supportive, generous, these are the seeds that I want to grow within me. | I hope that the feelings that are watered within me will allow me to be able to help, even if it is just a little, but to help someone who needs my help, understanding, a look, a hug, or something professional that I can add. | It's putting yourself in someone else's shoes, feeling someone else's pain as if it were your own. And yes, I believe what I you have self-compassion . |
| -It is up to me to take care and reflect on which feelings I will nurture, the positive or negative ones? I have an open field to plant, but the type of seed will depend on me.   - I want to plant seeds of joy, hope and love. | -To have hope we need to believe that something will happen or something will change and keep running after it, taking care of a seed is the same thing, we need to water it and keep it cared for until it grows to become a tree. | -Compassion is the feeling of understanding someone else's pain or situation and offering love at that moment.   -Yes, I feel like I can see situations through different eyes and I can understand that people choose according to what they think is best, we don't choose to suffer because we want to. |
| water and cultivate throughout all the seasons.  Patience , perseverance and hope . | It reminds us that our field for sowing is vast. | The act of feeling pity for others. Of being altruistic.  Yes. I always plant that seed. |
|  |  |  |
| Two Good Questions for Reflection |  |  |
| For me, hope is life, it's what moves me. I've been through a period of depression and during that time I had no hope, I saw no meaning in life. I have hope in continuing to fight, in being a better person who can help not only myself, but others as well. | Sowing gives us hope of reaping something, of evolving. | I don't have compassion for myself, but I've been trying to change that. Due to the system we live in, we often give in to competition and in this we need to be better than others, and so we are never good enough. |
| It means taking care of self-knowledge (PRACTICE) to grow in inner understanding and feel the love of PASSION and understanding. | YES. It gives me a lot of hope because the practice leads me to self-recognize this value within MYSELF and makes me sensitive enough to feel like helping and talking about my experience with other PEOPLE. | Compassion is a feeling that reaches my HEART like an anchor of salvation on the path of practice and that fills me with joy from this peaceful understanding. Thank you, my dear MASTER, I am immensely grateful. 💪👍💪 |
|  |  |  |
| We have the power to choose where we look, what we do within ourselves.  Good and evil exist within each of us, as do our decisions. |  |  |
| The seeds I wish to grow are joy, compassion | It gives us hope for a better world within us and outside us. | Compassion and the opportunity to be alive |
|  |  |  |
| Listening to Prem Rawat's teachings and tips is very healthy!!! | Yes | Do I have self-compassion? It depends on the moment |
| Above all, I always seek every day the peace that strengthens my heart with the Grace received from the Divine with so much patience to always immerse myself in the love of life and sing, sing, sing. | Because when the seeds are planted in good soil, we have the opportunity to live this hope that with the fruits we collect we can live nourishing ourselves with the love that WAS offered to us by the Master who helps me with meditation in understanding. | Compassion is kindness, understanding ourselves, being able to realize how important meditation is, which helps me so much to grow on this path and being able to share with others the love that is growing more and more. Thank you my MASTER. |
| We receive seeds, whether of love, understanding, kindness or doubt, and each one has something to offer, whether we like it or not. It is up to each one of us to plant and nurture it in order to have our own tree. There are many surprises when we do not see the tree growing in the garden or do not recognize its fruits, but, as soon as it is nurtured and protected, the seed will sprout. I harvest doubts, I nurture uncertainties, I have watered sadness. At the moment, what I most want to grow is contentment. I believe is planting it . | It is similar to the goals we have in life, such as leaving prison: perhaps we did not foresee the harvest that would lead to that situation in the first place, but it is possible to nurture the hope of a better future, to plant it through appropriate behavior, to water it with reading, to fertilize it with writing, to redeem the sentence with some additional effort that is reflected in personal growth. It is less time in life spent in idleness, in bad thoughts. Like the growth of a tree, it is a slow process, which must withstand bad weather or external disturbances, the result of which is not immediate - but we must not lose sight of it, we must nurture hope and have faith that it will come. | No matter how long the winter lasts, summer will come - for every tree, for every flower, no matter how deep the snow, spring will come at some point. We must equip ourselves with the conditions to face the night until the sun rises. Compassion is one of these tools, born from the passion for life itself (human, animal, planetary life) and for new attempts, which consists of understanding the situation that led to the error, accompanied by the desire to alleviate the suffering of the one who suffers. Self-compassion, not to be confused with pity, would share the same idea, focused on oneself/one's own "I". |
| In order for us to have peace and live with conscience, we need to have the MASTER. We can have all the purposes but without the Master nothing happens, we can have hope, some clarity and sow many seeds, but if we do not have self-knowledge it will not change our lives much. We need the MASTER. | When through meditation I felt that my understanding of my thoughts were coordinated with my feelings and everything became real, that my dreams about peace were a reality. | When you have compassion for  others it is easier to understand, but for ourselves this transformation is slower. Self-compassion for myself!? YES it happened a few times that I recognized myself as blessed and lived those moments with the intensity of the love that only the Master gives me, and everything becomes simple, true. My dreams of Peace that I always dreamed of, are now reality. |
| In order for us to have peace and live with conscience, we need to have the MASTER. We can have all the purposes but without the Master nothing happens, we can have hope, some clarity and sow many seeds, but if we do not have self-knowledge it will not change our lives much. We need the MASTER. | When through meditation I felt that my understanding of my thoughts were coordinated with my feelings and everything became real, that my dreams about peace were a reality. | When you have compassion for  others it is easier to understand, but for ourselves this transformation is slower. Self-compassion for myself!? YES it happened a few times that I recognized myself as blessed and lived these moments with the intensity of the love that only the Master gives me, and everything becomes simple, true. My dreams of Peace that I always dreamed of, are now reality. |
| Know how to recognize the difference between good and bad seeds, cultivate the good ones and nourish them. Let the bad ones die little by little.  I wish that the seeds of love, peace, hope, understanding, trust and friendship grow. | Hope that there is still time to reap good fruits. | Compassion is the act of recognizing another person's limitations and respecting them. I am developing my self-compassion . |
| Cultivating good thoughts reflects good news for the heart and reflects good actions. I desire seeds of peace, I must take care of my emotions so that my actions are not so influenced by them, so that the results serve as an example to others. I hope that better days will come if more people believe that change is possible. | That we can have hope in ourselves for a truly effective change and not just expect it from others, sometimes we can be disappointed with others if we expect too much from others. | Compassion is thinking about others. We should all have acts of compassion, but it is a bit far from empathy. About having self-compassion, I like myself and I try to do my best to be well. After all, we can only help others if we help ourselves first. |
| We have to select the seeds we are going to plant, so that we have within us a forest of good things. I want to plant the seed of patience, understanding and calm. | We are the transforming agents of our lives, sowing and cultivating the changes we want. | Compassion is being able to understand the pain of others and trying to help. This also applies to our behavior towards ourselves. |
| 1) It means developing self-knowledge and seeking to exercise each seed that I planted.  2) Wisdom , consideration , justice . | It gives the feeling of movement, that things can be different. | Compassion is generosity, and having it with myself is an attitude that I am still building. |
| Seek inner understanding to seek inner peace. The seed of contentment is what I most need to grow within me. | Increasing understanding, love and self-understanding. | Love others, have empathy. I believe I have self-compassion but I need to improve. |
|  |  |  |
| Every day I become more aware of my passion for life. It is very rewarding and brings a lot of peace to love life and live each moment with joy and hope. Without this feeling, it is not possible to be compassionate towards myself or others. I can only contribute to peace in the world if this peace is part of my nature and essence. That is why I have hope and believe that many people out there are sowing love, peace, respect, etc. These are the seeds that I want to spread everywhere. | If I understand that I can sow and cultivate good seeds, many other people will be too, and thus we will fill the field of life with flowers and the fruits of hope, love, kindness, peace... | Compassion is knowing that we are not perfect and that we have many vulnerabilities in our lives. Then we can look at ourselves with understanding, accepting that mistakes and failures are acceptable and with that we have more strength and hope to move forward, improving our self-esteem and overcoming challenges whenever possible. Self-compassion allows me to forgive and accept my imperfections. If I practice self-compassion, I also gain compassion from others for their mistakes and failures. |
| It means that our actions have consequences and if we don't think about them and don't have peace with what we choose, the harvest can be very challenging. | It gives us hope, as we find peace with our choices and that others do not care about our actions as we think they do; once we understand this, life tends to become better, as we tend to do things that make us happy and complete. | Compassion is identifying and empathizing with the feelings of others (usually suffering), a very important characteristic to have: I believe I am a person who has a lot of compassion, but who is still learning to care about themselves. |
| I understood that it is about nurturing virtues within us. Our soil is fertile and we need to be careful about what we sow within ourselves. I want to sow within myself perseverance and understanding to learn more about my internal processes. | Hope that we are capable of achieving great things in our lives and in the lives of others. Because as it is within, so it is without. So if we are well with ourselves, if we are at peace, this is reflected in others. | Compassion is the act of welcoming our fellow human beings in difficult times, having empathy.  I believe that self-compassion is rarely aware that we need to take our foot off the accelerator, prioritize ourselves and welcome ourselves, take a break and breathe. |
| It would be acquiring good habits and nurturing good feelings. I wish that the seed of serenity, peace, strength and courage may grow. | We become what we admire and realize our capacity for change. This allows also what let us believe in the people . | It's about being welcoming and understanding with flaws and difficulties. I'm learning to have, to accept myself and to demand less of myself. |
| It means about the care that comes from the inside out, it is the process of personal development and self-discovery. It means investing time and effort in yourself, nurturing your inner skills, knowledge and values. Just as seeds need care, water and light to grow, so do our skills and abilities. | The example of sowing and caring for the seeds within us gives us hope by demonstrating that personal growth and development are possible regardless of current circumstances. | Compassion is a fundamental human quality that involves the ability to feel empathy and understanding for others, especially when they are facing difficulties, suffering or challenges. Self-compassion is treating yourself with the same kindness, concern and support that you would have for a loved one, and yes, I have for myself. |
| It means taking care of good feelings and emotions, that is, those that will bring me benefits.   I wish for kindness, gratitude, self-care, love and much more to grow. | It gives us hope in knowing that we can change our lives, that is, we are responsible for our actions, that is, we can change many things in our lives. | Compassion is thinking about others and trying to help.   Sometimes I have it and sometimes I don't, because I think I don't deserve it. |
| Throughout our lives we see ourselves planting seeds that were given to us without even asking whether they were good or bad, and we come across sick, leafless trees because this is the lack of love in the world. If we start planting good seeds and cultivating them correctly, we will have more love and with this we will expose this love to the world. | Because we understand that change must first come from within us, if each one of us cultivates love, faith and kindness, we will automatically have a more peaceful world. | Compassion is understanding that we have made mistakes or that others have made mistakes, not judging, but understanding that there is a chance to get it right. It is not getting stuck on the mistake that happened, but using it as an example to not make the same mistake again.  It is forgiving ourselves for the past and living looking forward without judging ourselves or others. |
| I am responsible for planting and cultivating the seeds received in the grand experience that is life. If I want peace, understanding, justice, love... I must seek out each seed within myself, cultivate it and care for it so that it germinates and flourishes. No one will do this for me.  I always take care to cultivate the seeds of generosity, empathy, compassion, respect, wisdom, peace, hope, joy... | If the seed of love blooms within me, I will transmit this love to the world and with this I can hope that these flowers of love will touch other beings who will also transmit more love to the world. Let us become infected with this love. Hope means acting, taking action, building what we want for ourselves and others. It is to hope . | Compassion is being able to share your suffering, pain, and challenges with another person, and when you have nothing else to do, being there for them, being present, and showing solidarity and understanding, without judgment. Self-compassion is recognizing that you are imperfect, without demanding or blaming yourself, and looking at yourself with tenderness and understanding. |
| We can choose which seeds - of good or evil - we want to cultivate. After all, their fruits will be returned to us. I want and seek seeds of peace, benevolence, tolerance, solidarity, because they will be watered with love and perseverance. | Looking at nature itself, which is wise and teaches us, is the natural evolution of everything in the universe. | Learning and wisdom - that's what the first sentence is about.  Compassion, yes; self-compassion, I don't know, is it? |
| It means having the responsibility to care, to live each situation with true dedication:  peace, love, hope, faith, dreams, care, humility and always availability. | Knowing that we can and are capable of caring | Compassion and understanding of another person's emotional state  Sometimes yes, sometimes no |
| Sow the fruits that I want to reap with much love.   Love, gratitude, servitude and prosperity. | By sowing we feed our dreams and persevere in hope. | Compassion is understanding and sympathy for others.  I work on my habits every day to have more compassion. |
| He commented on the subject of seeds. I see that planting and caring for seeds within oneself means nourishing and cultivating positive qualities, values and emotions for our growth and that of others as well.  Seeds of love and faith . | Cultivating positive values brings us positive qualities, values and emotions for personal growth. These qualities, values and emotions make us capable of being balanced and having the ability to always (or most of the time) have hope. | Compassion is the ability to put yourself in someone else's shoes, understand their anguish and challenges, and have empathy for others.  Knowing their limitations and anxieties, and thus respecting yourself daily, always thinking about your well-being. |
| For me, seeds mean good feelings, and helping them grow is always being positive and believing.   I want resilience, hope, courage, faith, gratitude to grow in me. | Because we become more optimistic, more grateful and this transforms our lives… | Compassion, feeling of empathy for the situation that the other person is going through  No |
| It refers to the act of nurturing and developing the inner qualities, skills, dreams or potentials that we possess as unique individuals. Each of us has within us a particular set of capabilities and talents that can be developed and cultivated. It also means optimizing self-knowledge and personal growth. And in this way, we can positively impact the world around us.  I wish the seed of self-knowledge, resilience and compassion to grow. | Planting and tending the seeds within us takes time and patience, just as life can be a journey of ups and downs. This reminds us of the importance of resilience and perseverance when facing challenges and obstacles. Hope arises when we realize that even in difficult situations, we can still grow and overcome difficulties. | Compassion is, above all, a fundamental human quality that involves the ability to recognize the suffering of others and to feel a genuine desire to help, alleviate suffering, and promote the well-being of others.   Remember that compassion must also be balanced with self-care, as it is important to take care of yourself in order to be able to help others in a sustainable and healthy way. |
| Plant and take care of myself, meditate to be able to grow in this knowledge and involve my heart so that my seed grows with much peace, thank you for this opportunity my MASTER. | For example, after receiving the knowledge, nothing is the same as before because now I am aware of the power of this change that is always within me and that, when watered with love and so much peace, fills me with happiness. | Although I have had more failures than successes in my life, despite facing everything with great joy and strength,  life has always given me great moments of HOPE. This for I 'm big compassion . |
| It means that we are sources, sources of peace, of love...  I wish that the seeds of love, clarity, and happiness grow..."If you plant doubt and it becomes a tree, it is because you nourished it", this analogy makes perfect sense, because we are responsible for the fruits we reap in life. | This example gives us hope, because it means that we can have control, we can take charge and "manage" this in our life. If it depended exclusively on others/externally, it would take away our peace/hope, because we have no idea what is coming. | Compassion is generosity, kindness, and doing good deeds that help and strengthen yourself and others.  I think self-compassion is an exercise I try to practice every day. |
| It means cultivating good ideas and good feelings. That is what really gives meaning to life.  I want the seeds of love, peace and generosity to flourish. | Hope is a comfort in difficult times, when everything seems against us. By making good choices, cultivating good feelings, attitudes and ideas, we will have the strength to overcome life's obstacles. | Have empathy, understand and help those who need us  . times . I have charged and demanded a lot from myself. |
| Nurture good feelings and thoughts, always, all the time. Don't let yourself be brought down by difficult problems because they make us grow.   I want to have peace and love in my heart. I believe that these are the feelings necessary for complete happiness. | Cultivating something that makes us feel good and fighting daily for a positive result, the closest thing to happiness. | And always believe that there is something good in everyone, that every human being deserves good things in life, look at others and put yourself in their shoes. Treat others as we would like to be treated.  Today I learned to treat myself well. To want to stay well , take care Take care of my feelings . |
| It means living. And living in peace and in harmony is the best thing there is. | Plant better and improved qualities every djas | It is to accept and welcome  Yes, I accept and welcome myself, I take care of myself |
| It means that I need to nurture them every day, every day and 1% and waiting for the seed to sprout is part of the whole process. Being generous with my entire path gives me hope.  I wish that the seed of peace grows, we need a lot of peace and empathy. | When we plant and water, a fruit is born and the same happens with what we sow. | Caring and kindness. And self-compassion is when I have these feelings towards myself. |
| It means planting and nurturing only the seeds of good, with positive thoughts and attitudes.  The seed of love, peace, understanding, wisdom and especially kindness. | Cultivating only what is good. | Compassion is having love for others, I have a lot of compassion |
| I wish to plant and harvest the seeds of happiness and prosperity. | It gives us hope for a new day, to try new opportunities. | Try to have compassion for my existence and that of others. From compassion I have understanding and then, growth. |
|  |  |  |
| It means that life is like a vegetable garden and there is no point in planting hatred if I want to harvest good feelings like peace, so I must cultivate in my heart what I want to receive back from life.   I want to plant only love and peace and to have a good and prosperous harvest of good feelings and let the bad feelings dry up by not paying attention to them. | It gives us hope because it reinforces that we ourselves are responsible for our own path. We are not dependent on anyone, that is, what builds our happiness are the feelings and thoughts nurtured by each individual for themselves. | Compassion is putting yourself in someone else's shoes to understand them better and not to condemn them without even knowing what led them to take certain actions.   I would like to say that I always have self-compassion, but sometimes I forget to be kind to myself, which creates situations that make me uncomfortable living with my thoughts. |
| I like to plant and take care of all the seeds, for me this has to do with life that must be cultivated and cared for with great care so it doesn't die. | Because caring and sowing requires attention and work from me and gives me hope to continue and do a little more and better every day to reap the fruits and then feel grateful to myself and rewarded. | Compassion is a feeling that helps my heart to bear the distrust and overcome the possible harm that the mind often proposes to me and to always continue the experience of peace that has always been a great desire of my heart. Thank you. |
| It means cultivating good things.  Love and empathy. | Because we have the hope of always evolving. | It is loving your neighbor as yourself.  Yes. |
| It means selecting the qualities, gifts and good feelings that I want in my life and providing space and opportunities for them to grow, be noticed and bring beauty to the path I walk with other people.  I cultivate kindness, empathy, gratitude, faith, love, compassion, joy and tranquility. | There is hope that we can be better, that we can help others be better. | Compassion is listening, helping and caring for others in times of sadness or difficulty.  For me it's not so Self-compassion is easy . When I was raised, I was taught not to cry and not to give space to weaknesses and insecurities. Nowadays, I try to accept achievements and difficulties with faith and tranquility. |
| I have many trees growing inside me, some of which I am not proud of. I will seek out, prune and fertilize the good trees.   I want to think and act in the best possible way with the good trees to improve my personal relationships and those with the environment. | Of wanting to see the fruits of our efforts. Of wanting these fruits to generate new seeds and for them to spread to other people's fields. | I relate compassion to the act of helping others with empathy.   I have never stopped to think about self-compassion, about treating myself well on a daily basis. I will try to put it into practice, to be kinder and more compassionate with myself. |
| It means taking care of myself and trying to be a better person.    Love, peace , understanding . | It makes us believe in ourselves and gives us the strength we need to cultivate good feelings. | Understanding and empathy  Yes, and it is a daily exercise |
| You are the angel of your life | The answers come when we have inner peace | Spring will come, no matter how long the winter lasts.  What matters is not failures, but every success. From compassion comes understanding. |
| Taking care of the good things that are in me, I wish for love, peace, joy, kindness, compassion, etc. to grow. | It gives us hope that we can change our being for the better just by planting little seeds of good things every day. | It is understanding and feeling the other but. Not only that, otherwise it would be sympathy, it is doing something about it, compassion causes movement.  It is self- understanding . |
| It means doing something for life, because if we don't plant the seeds we will have nothing, we will not have the harvest and life will have no meaning.  I wish that the seeds of love, hope, gratitude, faith, conscience, humility and wisdom grow within me. | Taking care of seeds is taking care of ourselves, it does us good and gives us hope for better days. | Compassion is having acceptance, acceptance for your failures, knowing that they are not counted, only our successes should count! |
| I understand that what we feed grows. The seed that is cultivated grows and bears fruit.  I have an intense and intentional desire to cultivate hope, not only because it is the theme of today's meeting, but because I believe that those who believe, can do, those who believe give people the opportunity to do, those who have hope believe in possibilities, those who believe make a difference in the world, even if it is just in the world of one person. | The possibility of producing something that will last through other lives, regardless of how it happens, but the chance that it will not end only with us, the possibility of producing good, voluntarily producing good, which means that it was not automatic, it was a choice, an action of purpose. And it does not serve to make us saints, it serves to live in a bearable world, a world that produces sadness, it is not a good world, but happy people, or people willing to produce good things, willing to make good choices, produce the same feeling in other people. Better than sowing and caring is to share the fruits. | Compassion is the care I have for others, self-compassion is the same care I dedicate to myself. |
| Always have God's care in me. Hope and peace | When we help to the next | Something we feel for others. And self-care for ourselves |
| love , understanding , empathy | hope that we are the protagonists of our lives | Compassion is understanding, comprehending facts and situations in someone else's life. Yes, I have self-compassion because I am not perfect and I allow myself to make mistakes, learn from them and do things differently. |
| Amazing lecture.  Rewarding content, always enriching. The readings of the notebooks and the team are evolving. The knowledge we acquired through the study and reflection on Prem's book is precious, which I will take with me for life. I am happy to be part of this team and I hope to be able to help more and more. | Amazing lecture.  Rewarding content, always enriching. The readings of the notebooks and the team are evolving. The knowledge we acquired through the study and reflection on Prem's book is precious, which I will take with me for life. I am happy to be part of this team and I hope to be able to help more and more. | Amazing lecture.  Rewarding content, always enriching. The readings of the notebooks and the team are evolving. The knowledge we acquired through the study and reflection on Prem's book is precious, which I will take with me for life. I am happy to be part of this team and I hope to be able to help more and more. |
| To have fruits good | What we want for ourselves. | For someone who deserves attention from others |
|  |  | Nothing to declare |
| I believe what these seeds are the blessings that God gave me . Like the ability to love , understand and forgive . They are seeds that were given to me given with much affection , and for me , plant and care of them , means to value your due importance and not to forget what perhaps they go take a while to germinate in my heart , but one day go . It is necessary give up on giving up , and have hope .   I want that the seeds of love , affection , compassion and joy grow up inside me , continuously .​ | Sowing and caring for seeds what we have , for me , mean value and for in practice all blessings​ what we receive . Like the ability to love , care and look after . When we care and nourish these seeds , only good things will germinate in our heart , and that to me is hope . You to do something , even with uncertainty and fear , but always believing in the possible . | To have compassion is being welcoming . To welcome the pain and suffering of others. Without to judge , only with the look of sympathy and empathy what all we must have.   Yes, I I have self-compassion . When error , I I don't mistreat myself or I judge myself , I welcome myself . I welcome myself with arms open . I accept the fact that I made a mistake and I try to help myself find myself and find solutions . |
| I liked much of the part in that the Prem he spoke about the seed what we sow . I believe what that means reflect about our way of being and acting , and choosing avoid what​ us harms and seek that one what he does good for ourselves and others .     Self-knowledge . | Why us show may peace and hope​ they are one choose . From the moment what we seek take care of our interior, we we become people with more hope . What more we think and do , we we become . | Compassion is understanding​ our humanity . Prem mentioned , that no we have what to try to understand about the simplicity to have compassion , just we need learn to develop passion for life , hope and compassion will come .   I need to develop more compassion . |
| Means open doors to success . Cultivating good seeds will bring me good results personal . I wish to cultivate the seed of love own , courage and forgiveness . | Why we know what we are on the way right , taking care of ours seeds , carrying out the care process | Compassion is empathy , it is having consideration . Sometimes I have , but also I forget to have with me same . |
| Means be fully aware of my feelings , emotions , dreams and build my reality in a way that is connected to my interior. If I am in peace internally with you externalize to the world on the outside.  The seed of love , peace , simplicity and perseverance . | Know that we are responsible put this and that that power this in our hands , can us convey the confidence that time for each thing Iran arrive . There is a time to plant and a time to reap . As we cultivate our seeds of hope us reaches and us gives you peace of mind that the resolution time for our problems , or something expected will reach the measure what take care of ourselves same . | Compassion is the act of empathy put one sad situation in the other 's life . From this feeling derives an impulse to seek solutions for these problems .   I'm learning to have that be careful and this to look conscious with me same . |
| - self-care , love own  - patience and expand love own constantly | I believe that self -care , which is a way of sowing and caring for seeds within us , generates​ one feeling of well -being and approaches completeness , which​ us from the hope . | - Compassion is the desire to alleviate another 's suffering . person and demonstrate empathy with others   - Yes, but I believe what I can to improve that question , and reduce self -demand |
| My wish is that waiting , faith and love​ be garden inside me | Looking at us same | Compassion is the ability to put yourself in someone else 's shoes .  I work on empathy |
|  |  |  |
| take care to flourish for tomorrow on the good side of life both in love and among other things  of knowledge | the hope of wanting peace, a better world and more good things to be born within you is born | It is understanding others, respecting them, helping them and everything else,  yes. |
| faith , hope love | because we have to plant good to sow good | and have love and empathy for each other  yes |
| Planting seeds means nurturing things that can grow and develop, good and great feelings to improve the world around me, but first my world.  I wish nourish seeds of love , peace , empathy , knowledge , education . | Hope comes from self-care and caring for others, knowing that we can be better and expand our knowledge and maturity in relation to others helps us expand our consciousness and have hope for a better world. | A feeling of empathy and sympathy towards the problems of others and ourselves, we have to be welcoming to the feelings of others, help with love and peace.  I believe that my self-compassion ruler is being regulated now, I am beginning to welcome myself and have compassion and forgiveness towards myself. |