

Foreword

by T.Y.S. Lama Gangchen Rinpoche Tibetan Lama Healer

It is a pleasure to see this publication "The family soul: How your history can support the path of your life" published by Kittlyn Tjin A Djie and Irene Zwaan.

I have known both authors for many years and appreciate their positive outlook to what is our family. Indeed the concept of the family has many aspects such as our genetic family, our spiritual family, our friends who we consider part of our family, our society that we feel as our family etc etc.

Of course it is very important that we begin within the small circle of our family to cultivate a friendly and harmonious relationship and to create a peaceful environment. For this it is essential that we use our five senses in a positive way in all our interactions, starting from the daily relations with our partner and our children. If we are able to make all the contact with our family members at home positive, then we will automatically create a peaceful atmosphere in our home, and from there we can continue to generate positive relations in society. We can begin by simply observing our way of speaking, of listening, of looking, of touching etc in our daily lives. Are we aggressive or gentle? Is our speech harsh or kind? and what are the results? It is very simple: we speak harshly others are offended and upset and most likely we do not obtain what we wish for, whereas if we speak kindly others will be pleased and happy to help us.

Our family is the first and most sheltered social context where we can exercise our qualities and check their beneficial outcomes.

Looking back to the past, we also find that in all cultures and traditions the same values are promoted over the centuries, such as respect, tolerance, love and compassion. It is these basic values that must be part of our family education to build the basis for a healthy society. Thus, those are the qualities that have to be cultivated at the very root, as a "Non- Formal Education" starting in the smallest social unit, which is the family.

I rejoice in this publication and hope that the readers will find many positive inspirations for transforming their lives by reading this book.

Inner peace and world peace now and forever, by all the human being attention and by all the holy beings blessing.

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