



***We are increasing Peaceful Harmony for a City of Goodwill. #1***

**Greetings.....** I am the 1st in a group of circulating Seeds of Understanding. From a whole variety of sources we include selected teachings and perceptions that can be as catalysts to help with increasing our understandings of life, of oneself, of others, and of all living beings. This is the way for building more respect, more acceptance, more tolerance and more caring compassion (love) as the basic components that build more Harmony in the atmosphere of any City. Use common sense, do not blindly believe any of these statements. Use anything new or challenging as questions to ponder over and test things out to see what helps you feeling good - if something is not for you, then just let it go for now. Where understandings can be expanded, the rewards and benefits will be as blessings for all people, the animals and creatures, even the eco systems will benefit. If there is anything here that touches a chord inside of you and you want to embrace it further, then write it out as a poster to pin up to read often. This can stimulate your focus of attention to shift, or lift to levels of enlightened understandings with potentials of knowing life from higher perspectives. Increasing understandings cause Peaceful Harmony.

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Therefore, if you require love, try to realise that the only way to get love is by giving it, that the more you give the more you get, and the only way in which you can give it is to fill yourself with it until you become a magnet of love. Paul Twichell

*When you know who you truly are, there is an abiding alive sense of peace. You could call it joy because that's what joy is: vibrantly alive peace. It is the joy of knowing yourself as the very life essence before life takes on form. That is the joy of Being — of being who you truly are. Eckhart Tolle*

Reverence is an attitude of honouring Life. You do not need to be authentically empowered to be gentle with Life or to love Life. There are many people who are not authentically empowered but who are quite reverent. They would harm nothing. Often it is the case that they are the most compassionate because they have suffered so much. Gary Zukav

*As a child I felt left out spiritually because I would never meet Buddha or Krishna, and my eyes would never see someone raised from the dead or water turned to wine. Now I realise that it isn't the miracle that creates the believer. Instead, we are all believers. We believe that the illusion of the material world is completely real. That belief is our only prison. It prevents us from making the journey into the unknown. To date, after many centuries of saints, sages, and seers, only a few individuals can open to radical change in their belief system, while most cannot. Even so, our beliefs must eventually shift to conform to reality, since in the quantum world, belief creates reality. As we will see, our true home is the light, and our true role is to create endlessly from the infinite storehouse of possibilities located at the virtual level. Deepak Chopra*

A human being. is a single being. Unique and unrepeatable. John Paul II

*You may be alone physically, but never alone spiritually. When you reach into the higher levels of consciousness, into the areas of Spirit, you have knowledge of your oneness with everything and everyone, there is no separation. John-Roger*

What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of mind. The Buddha.

*Why are you here? What is your purpose? Humans have sought to discover the meaning of life for a very long time. What we and our ancestors have overlooked, however, in the course of this endless search, is that there is no one answer. The meaning of life is different for every individual.*

*Each person has his or her own purpose and distinct path, unique and separate from anyone else's. As you travel your life path, you will be presented with numerous lessons that you will need to learn in order to fulfil that purpose. The lessons you are presented with are specific to you; learning these lessons is the key to discovering and and fulfilling the meaning and relevance of your own life. Cherie Carter-Scott*

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To know more about the life and writings of any person quoted here, then do an internet search for lectures or books now available. I want to travel from person to person, hoping to stimulate discussions and contemplations that may lead to enlightened awareness of understandings that can reflect as more respect, acceptance, tolerance and caring compassion in the atmosphere of Cities and Towns. If you believe that this is a vision to support, then you can help me to achieve my potential. Please keep me circulating by passing me onto someone else, even in another City. I hope that on every stopover I am a catalyst for expanding understanding and so leave the local folk better off from my journey there. Print out more like me and a whole bunch of good seeds at; [www.goodwillpeople.net](http://www.goodwillpeople.net)