



We are increasing Peaceful Harmony for a City of Goodwill. #2

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.

 * Man has falsely identified himself with the pseudo-soul or ego. When he transfers his sense of identity to his true being, *
 * the immortal Soul, he discovers that all pain is unreal. He no longer can even imagine the state of suffering. Parmahansa *
 * Yogananda *
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 * *A changed thought system can reverse cause-and-effect as we know it. For most of us, this is a very difficult concept to *
 * accept, because of our resistance to relinquishing the predicability of our past belief system and to assuming responsibility for *
 * our thoughts, feelings and reactions. Since we always look within before looking out, we can perceive attack outside us only *
 * when we have first accepted attack as real within. Gerald Jampolsky* *
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* Man's chief delusion is his conviction that there are causes other than his own state of consciousness. All that befalls a *
 * man, all that is done by him, all that comes from him, happens as a result of his state of consciousness. A man's consciousness is *
 * all that he thinks and desires and loves, all that he believes to be true and consents to. That is why a change of consciousness *
 * is necessary before you can change your outer world. Rain falls as a result of a change in the temperature in the higher regions *
 * of the atmosphere, so in like manner a change of circumstance happens as a result of a change in your state of consciousness. *
 * "Be ye transformed by the renewing of your mind." Darwin Gross *
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* *Disturbing action creates karma. Disturbing reaction perpetrates karma. When you change disturbing action to loving *
 * action, and disturbing reaction to acceptance and understanding, you may experience love, joy, peace, and fulfillment. These *
 * divine attributes help maintain the harmony of God's creation. John-Roger* *
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* We are members of a vast cosmic orchestra, in which each living instrument is essential to the complementary and *
 * harmonious playing of the whole. Allen Boone *
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* *Most people spend their entire life imprisoned within the confines of their own thoughts. They never go beyond a narrow, *
 * mind-made, personalised sense of self that is conditioned by the past. In you, as in each human being, there is a dimension of *
 * consciousness far deeper than thought, it is the very essence of who you are. We may call it presence, awareness, the *
 * unconditioned consciousness. In the ancient teachings, it is the Christ within, or your Buddha nature. Finding that dimension *
 * frees you and the world from the suffering you inflict on yourself and others when the mind-made " little me " is all you know *
 * and runs your life. Love, joy, creative expansion, and lasting inner peace cannot come into your life except through that *
 * unconditioned dimension of consciousness. Eckhart Tolle* *
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* When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; Your mind *
 * transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful *
 * world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you *
 * ever dreamed yourself to be. Patanjali *
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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