



We are increasing Peaceful Harmony for a City of Goodwill. #4

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.

When you finally understand that you, and no one else, create what goes on in your head, you will, at last, be in control of your experiences of life. You don't have to hang out with enemies, even if they are within yourself. Learn how to move to a more loving part of your being. When you finally take responsibility for your life, the bottomless pit of helplessness becomes filled up with power and love. Susan Jeffers

There are always four realities. There is your reality, there is my reality, there is the social reality, which is nothing more than the distillation of all the yous and mes on the planet; then there is the reality of the fundamental nature of the universe. All realities change, except the fundamental reality. That never changes. My notion of successful living is that it is a product of having a personal reality that is in harmony with the fundamental nature of the universe. Stewart Emery

Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions. Gerald Jampolsky.

You need nature as your teacher to help you reconnect with Being. But not only do you need nature, it also needs you. You are not separate from nature. We are all part of the One Life that manifests itself in countless forms throughout the universe, forms that are all completely interconnected. When you recognise the sacredness, the beauty, the incredible stillness and dignity in which a flower or a tree exists, you add something to the flower or the tree. Through your recognition, your awareness, nature too comes to know itself. It comes to know its own beauty and sacredness through you! Eckhart Tolle

The physical body is only one expression of you; you also express on many other levels. You have a true self which you may not always be aware of. The true self is the divine spark within, the Soul, that which you really are. Once you recognise the God essence within you and within everyone, you can move through life in a more neutral state. Let go and be what you are - a divine being working here to express a greater degree of creative and loving consciousness. John-Roger

When the body of Dag Hammarskjold, Secretary General of the United Nations, was found in a plane wreck, he had with him the book, "I And Thou" by Martin Buber—a book expounding a philosophy which Hammarksjold felt was the last hope of humanity. The author's thesis is this: Our relationship with others must be one of sharing, understanding and love. Paul Osumi

I conclude that the field of awareness is our true home, that awareness contains the secrets of evolution, not the body or even DNA. This shared home is "The Light" spoken of by mystics; it is the potential for life and intelligence, and it is life and intelligence once they appear. Your mind is one focus of this cosmic awareness, but it doesn't belong to you like a possession. Just as your body is held together by inner awareness, there is a flow of awareness outside you. If you consider for a moment, you can catalogue many common experiences that require you to be outside your brain. Have you ever felt that someone is watching you behind your back, only to turn around and find that in fact someone is there? We've all finished a friend's sentence or exclaimed, "I was thinking the the same thing!" on the heels of another persons thought. Deepak Chopra

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