



We are increasing Peaceful Harmony for a City of Goodwill. #6

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.

I love mankind and I love equally all three human kinds the one who Blasphemes life, the one who blesses it, and the one who meditates upon it. I love the first for his misery and the second for his generosity and the third for his perception and peace. Kahlil Gibran

An astronomer friend of mine said to me that for years he had scanned the heavens, seeking the answer to the story of creation and the riddle of the universe through the telescope, but that lately he has been looking within himself, who is inevitably at the small end of the telescope. He added that the small end of the telescope is the important end, for within man is God, and the entire secret of creation and the mystery of the Cosmos. When man learns about himself he will have learned about the universe. Now it is time to analyse the analyser. In trying to find happiness, peace, and prosperity outside of himself, man has neglected to look within himself to the infinite storehouse of riches within his subconscious mind. William Shakespeare said: " What a piece of work is a man! How noble in reason; how infinite in faculty! In form and moving, how express and admirable! In action, how like an angel; In apprehension, how like a god." Joseph Murphy

Great spirits have always encountered violent opposition from mediocre minds. Albert Einstein

Probably all of us have been taught from childhood that there is a God, but few of us know what God is. If we could put aside all books, including the Bible, and live with but one question in our mind, "What is God?" meditating day and night on that question, ultimately, God Itself would reveal the answer. We would have to do this, however with a mind completely free of all concepts of God and begin as if we were completely alone with God. We would not accept anybody else's opinion, anybody else's experience, or anybody else's point of view: We would have our own experience with God, If we could do that, we should find that, sooner or later, God would reveal Itself to us in such unmistakable terms that never again would we have any doubts as to what God is or how to pray. Joel Goldsmith

When you look at a tree and perceive its stillness you become still yourself. You connect with it at a very deep level. You feel a oneness with whatever you perceive in and through stillness. Feeling the oneness of yourself with all things is true love. Eckhart Tolle

The cycles of Life need to be approached with reverence. They have been in place for billions of years. They are the reflection of the natural breathing of the soul of Gaia itself, the Earth consciousness, as it moves its force fields and guides the cycles of Life. If these are revered, how could we look at something as exquisite as our Earth's ecology and do one thing that would risk the balance of this system? Reverence is an attitude of honouring Life. You do not have 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 and the most loving people because they have suffered so much. Whether a person is reverent depends essentially upon whether or not he or she accepts the principle of the sacredness of Life, any way that he or she defines sacred. Gary Zukav

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