



We are increasing Peaceful Harmony for a City of Goodwill. #7

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.

You're in the physical body, but you are not it. You are on the planet, but you are not the planet. It's a truth and a paradox that everything you are to become, you are right now. John-Roger

To know another human being in their essence, you don't really need to know anything about them - their past, their history, their story. We confuse knowing about with, a deeper knowing that is non-conceptual. Knowing about and knowing are totally different modalities. One is concerned with form, the other with the formless. One operates through thought, the other through stillness. Knowing about is helpful for practical purposes. On that level, we cannot do without it. When it is the predominant modality in relationships, however, it becomes very limiting, even destructive. Thoughts and concepts create an artificial barrier, a separation between human beings. Your interactions are then not rooted in Being, but become mind-based. Without the conceptual barriers, love is naturally present in all human interactions. Eckhart Tolle

We have things backwards because 'in peace' should be for the living and not the dead. Having peace, being at peace and resting in peace can be experienced in this present moment. It has nothing to do with the state of our body and has everything to do with our present state of mind. Every moment has a stillness in which we can rest peacefully within, regardless of what is happening in the world outside. In each moment we can choose to rest peacefully within. Gerald Jampolsky,

Weak words create a weak life. Strong words create a strong life. Negative words make us negative. Positive words make us positive. Hateful words make us hateful. Loving words make us loving. It's so stunningly simple. You have the power to choose. Negativity has incredible staying power. a few daily reminders of beauty, love, and joy are much more powerful, indeed.

Susan Jeffers

The banister asked, "But is God really there, Sir? Or is it only a big hoax played upon credulous people? Where is the necessity of God? Can't we do without Him?" The Great Master replied, "As I have said before, certain things are beyond the reach of intellect and cannot be proved by reasoning. Similarly, God is 'beyond intellect, mind and senses.' The old Rishis of the Vedas, the ancient Greek and Roman philosophers, the Chinese sages and the comparatively recent prophets and Saints of Arabia and Persia, all of whom made scientific research and spiritual investigation about God the soul, have declared with one voice that there is a God or Lord, the Creator of the Universe. The world is not without a 'Sustainer,' but that Great King is Agam (beyond the approach of mind and intellect), Apar (beyond the reach of the senses), Agadh (unfathomable), Be ant (Limitless), Aprampara (Boundless) and Abhed (Unknowable). Daryai Lal - speaking of Maharaj Baba Swan Singh Ji

Many true hearts will be the happier for knowing that one who sends a thought of intense affection to another actually gives something of himself, that a certain portion of astral matter passes from him to the loved one, charged so strongly with its own special rate of vibration that unless some determined preoccupation exists it cannot but reproduce itself, it cannot fail to set the astral body of the recipient swinging in harmony to it; and that means that love tends to kindle love, and therefore that to love a person is definitely to make him a better man than he would otherwise be. C.W. Leadbeater

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