



We are increasing Peaceful Harmony for a City of Goodwill. #8

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.

All the prophets, seers, sages, and saviours in the world's history became what they became, and consequently had the powers they had, through an entirely natural process. They all recognised and came into the conscious realisation of their oneness with the Infinite Life. God is no respecter of persons. He does not create prophets, seers, sages, and saviours as such. He creates men. But here and there one recognises his true identity, recognises the oneness of his life with the Source whence it came. He lives in the realisation of this oneness, and in turn becomes a prophet, seer, sage, or saviour. Neither is God a respecter of races or of nations. He has no chosen people; but here and there a race or nation becomes a respecter of God and hence lives the life of a chosen people. Ralph Waldo Trine

We are all part of the One Spirit. When you experience the true meaning of religion, which is to know God, you will realise that He is your Self, and that He exists equally and impartially in all beings. Paramahansa Yogananda

The reason that Jesus was so effective as a teacher and a healer was because he based everything that he did on Love. He said, *Judge not that ye be not judged, for with what judgment ye judge, ye shall be judged, and with what measure ye mete, it shall be measured to you again.* We judge others and then have to forgive our own judgments. Righteous judgment means to look through the appearances, to look through the apparent evil, to look through the hate, and to recognise that each and every person is centered in Love. The next step is to know that Love is there and begin to call it forth. Just as water poured into a pump will act as a primer to cause more water to come forth, love poured into a situation will act as a primer to cause love to come forth. Look at the person who seems hard to love and silently affirm: "The love in me salutes love in you." It is fruitless to think that we can ever come hate with hate. Hate will call forth a response in hate unless the chain of hate is broken by love. If we persist with love, it will overcome hate. Jack Ensign Addington

We bring to ourselves that which we focus upon, so it makes sense to focus upon the best, the highest thing we know. If your goal is to awaken to the truth of who you really are, then focus on that truth as you know it. As you focus on it, it will reveal itself to you. John-Roger

There is only one Cosmic Power animating the entire universe. God is Life and that is your life now, but this Life-Principle may be directed constructively or destructively, because you have the ability to choose and to decide. When you tune in with the Cosmic Power and let It flow through you harmoniously, peacefully, and joyously, and when you think right, feel right, and act right, your life will be one of unalloyed happiness and success along all lines - right here and now. You are using the Life-Principle destructively whenever you indulge in fear, regret, remorse, or in any form of negative thinking. All resentment, bitterness, hostility, spiritual pride, self-will, criticism, and condemnation of others are especially disastrous methods of misapplying the Life-Principle. When we cohabit mentally with thoughts of fear, anger, hate, or jealousy, our life force gets snarled up in our subconscious mind, in the same way as if you put your foot on the garden hose, thereby blocking the flow of water. In like manner, the negative emotions which are dammed up in your subconscious come forth as all manner of diseases, both mental and physical. Joseph Murphy,

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