



We are increasing Peaceful Harmony for a City of Goodwill. #9

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.

There is only one remedy for all such discord and that is Love. He who has not mastered its secret, can never hope to be received in the Court of the Lord. It is the beginning and the end of spirituality. He who understands Love in its true nature and who lives and moves by its light shall, surely as two added to two makes four, attain the Lord. Kirpal Singh

It is especially important to encourage unorthodox thinking when the situation is critical: At such moments every new word and fresh thought is more precious than gold. Indeed, people must not be deprived of the right to think their own thoughts. Boris Yeltsin

You mould, fashion, and create your own destiny. Your future is determined by your habitual thinking and self imagery, and your subconscious mind faithfully reproduces what you think all day long. Emerson said, "Man is what he thinks all day long." Change your present thought for the better and you change your destiny for the better. Joseph Murphy,

If you choose to focus your attention on the strengths, on the virtues of others, on that part of others that strives for the highest, you run through your system the higher-frequency currents of appreciation, acceptance and love. Your energy and influence radiate instantaneously from soul to soul. You become an effective instrument of constructive change. If your intention is to align your personality with your soul, and if you focus your attention upon those perceptions that bring to you in each situation the highest-frequency currents of energy, you move toward authentic empowerment. As you come to recognise the power of your consciousness, that what is behind your eyes, so to speak, holds more power than what appears in front of them, your inner and outer perceptions change. You cannot become compassionate with yourself without becoming compassionate with others, or with others without becoming compassionate with yourself. When you are compassionate with yourself and others, your world becomes compassionate. You draw to yourself other souls of like frequency, and with them you create, through your intentions and your actions and your interactions, a compassionate world. Gary Zuken

Even in the phenomena of nature, if the tree was articulate, it would say, I am a tree, an apple tree, a fruitful tree. When you know that consciousness is the one and only reality, conceiving itself to be something good, bad or indifferent, and becoming that which it conceives itself to be, you are free of the tyranny of second causes, free from the belief that there are causes outside of your own mind that can affect your life. Darwin Gross

The Reality of Life is Life itself, whose beginning is not in the womb, and whose ending is not in the grave. For the years that pass are naught but a moment in eternal life; and the world of matter and all in it is but a dream compared to the awakening which we call the terror of Death. Kahlil Gibran

Stillness is your essential nature. What is stillness? The inner space or awareness in which the words on this page are being perceived and become thoughts. Without that awareness, there would be no perception, no thoughts, no world. You are that awareness, disguised as a person. Eckhart Tolle

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