



Greetings. I am the 1st in a group of circulating Seeds for Upliftment. From a whole variety of sources we include selected bits and pieces that can be as catalysts to have you feeling more of the joyful happy presence of your higher nature, this makes for a better day. Use these Seeds to help you feel connected to the peace and goodness of your higher nature. This can bring more acceptance and understandings of oneself, of others and how best to deal with the problems of life. You can use the insights of others to help bring more tolerance and more caring compassion (*love*) as the primary components for enhancing the friendships and goodwill around your space. 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 works for you - if something is too far out then just let it go for now. When acceptance and upliftment are present the rewards and benefits will be as blessings for all of humanity, for being all connected as one, any person's upliftment is an upliftment for the whole human family. If there is anything here that has you feeling good, then consider writing it in a little book to carry and read often - keep adding to it. Re-read bits when you want to feel your inner strengths, your own joyful happy essence of peaceful goodness.

Being truly happy comes about when we live by our hearts, which are hooked up to the universe. This process is like a flower opening up to the sun. Once we begin to perceive our own hearts then we can begin to perceive the hearts of others. As we look deeply into ourselves and others, we see the real person - not the outward things and the programs, but what is really there. It is loving people for being themselves and not how much money they make, or how they look, or what their social position may be. At this level, there is no condemnation, judging, or even blame, but only a compassion and a love that looks past our faults and weaknesses and wants what is best and right for that person.

Robert Scheid

There is no duty we so much underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world.

Robert Louis Stevenson

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson

As I got older I became aware of the folly of this perpetual reaching after the future, and of drawing from tomorrow and for the joyfulness of today. I learned, alas! when it was almost too late, to live in each moment as it passed over my head, believing that the sun as it is now rising is as good as it will ever be.

Mark Rutherford

When Ali asked Mohammad, 'What am I to do that I may not waste my time,' the Prophet answered: 'Learn to know thyself.'

This simple formula makes success available to everyone: Success is speaking words of praise in cheering other people's ways, In doing just the best you can, with every task and every plan. It's silence when your speech would hurt, politeness when your neighbour's hurt. It's deafness when the scandal flows, and sympathy with other's woes. It's loyalty when duty calls, It's courage when disaster falls. It's patience when the hours are long; It's found in laughter and in song. It's in the silent time of prayer; In happiness and in despair. In all of life and nothing less, We find the thing we call Success.

Why, who makes much of a miracle? As to me, I know of nothing else but miracles, - Whether I wade with naked feet along the beach just in the edge of the water... Or watch honey-bees around the hive of a summer forenoon... Or the wonderfulness of the sundown, or of the stars shining so quiet and bright... These with the rest, one and all, are to me, MIRACLES.

Walt Whitman

Practicing the principle of love in daily life means sharing fully of oneself. It means bringing out the best in others, recognising only the positive in life, looking at nothing as 'impossible'. Many times things appear to be 'impossible'. Many times things appear to be negative and falling apart. Love is the cohesive force that binds them together, that makes everything possible. Humanity has moved forward through people understanding and expressing this basic love principle.

Jack Addington

I hope you have found something uplifting here. Now I want the chance to uplift as many other people as I can reach to. I want to travel on and on all over the world because uplifting thoughts can shift ones attention to their higher nature and this is the human dimension where we feel the presence of joy, the happy feelings that make life seem better. If you believe that this is something to support, then you can help me to achieve my potential. Please keep me circulating by passing me onto someone else, anywhere in the world. I hope that on every stopover I can bring some encouragement and nice uplifting feelings of the inner peace and goodness and to leave each location better off from my being there. Print out more like me and a whole bunch of other good seeds at www.goodwillpeople.net