



**Greetings.** I am the 5th 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.

What does the world need more than anything else today - It doesn't seem to be more technical knowledge. We build rockets, we solve scientific problems and we transplant human organs. What do we need more than all of this? We need brotherhood, understanding and love. You can make yourself into the kind of person who can spread this love around. Nothing can be more important in the world than that. And when you know that you are a faith-building, cheer-spreading, hope-generating, encouragement-offering person, you will know how wonderful you are. Teach people this truth, and you build self-love within them. Robert Schuller

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We learn wisdom from failure much more than from success; we often discover what will do, by finding out what will not do; and probably he who never made a mistake never made a discovery. Samuel Smiles.

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The only safe and sure way to destroy enemies is to make them your friend.

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Why destroy your present happiness by a distant misery, which may never come at all? For every substantial grief has twenty shadows and most of the shadows are of your own making. Sydney Smith.

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#### Never Say Die

A passenger was terribly seasick on the ship deck. A steward came along and said, "Cheer up, sir. No man ever died of seasickness." The sick man "Please don't say that. It's the hope of dying that has kept me alive so far." No matter how discouraging a situation you may be in, never give up hope. Where there is life there is hope. Paul Osumi

#### WRITE YOURSELF A LOVE LETTER...

Ridiculous! you say - who ever heard of sending a love-letter to oneself? Everyone loves to receive a letter or a card - and why not from yourself? Does it sound so silly to you to tell yourself "I love you - I appreciate you?" Well, perhaps it does sound a little unusual, but really, it is quite important that we love and respect the self.

Most people discredit themselves, criticise themselves, even dislike themselves and think of themselves as unworthy, for many different reasons. But we do have the privilege and the choice to forgive ourselves and start to love ourselves. We have been given the power to love, to think and be creative - to draw upon the knowledge that is within us, and to accept the truth of our own being.

So, send yourself a love-letter, tell yourself : "I love you." Tell yourself what you appreciate about yourself.

Acknowledge yourself for the good you do, the positive qualities and strengths you have, the things that you feel proud about. The more you learn to love and accept yourself, the more you can love others. Every person can love their own self by respecting themselves and by forgiving themselves for past mistakes.

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Man seeks to satisfy his desires with the least of effort. People are always looking for shortcuts. Each one secretly wants to know how he can change his life without too much effort on his part.

Now, I'll tell you a shortcut : A person who wants to change his life for the better has only to change his attitude.

Jack Addington

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And in a sense love is everything! It is the key to life, and it's influences are those that move the world. Live only in the thought of love for all and you will draw love to you from all. Ralph Waldo Trine

Ralph Waldo Trine

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](http://www.goodwillpeople.net)