



**We are increasing Peaceful Harmony for a City of Goodwill. #3**

**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.

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When you look upon another human being and feel great love toward them, or when you contemplate beauty in nature and something within you responds deeply to it, close your eyes for a moment and feel the essence of that love or that beauty within you, inseparable from who you are, your true nature. The outer form is a temporary reflection of what you are within, in your essence. That is why love and beauty can never leave you, although all outer forms will. Eckhart Tolle

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*You will never trust your intuition until you identify with it. Self esteem enters here. At the earlier stages of inner growth, a person is esteemed who belongs to the group and upholds its values. If the knower within tries to object, he is stifled. Intuition actually becomes an enemy, because it has a nasty habit of saying things you aren't supposed to hear. A soldier sacrificing his life on the front lines can't afford to think about the barbarity of war and the rightness of pacifism. If his inner voice says, "What's the point? The enemy is just me in another mans skin," self-esteem gets torn to shreds.*  
Deepak Chopra

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Man is a god clothed in rags, he is a master of the universe going about begging a crust of bread. He is a king prostrated before his own servants, a prisoner walled in by his own ignorance. He could be free. He has only to walk out of his self-constructed prison, for none holds him there but himself. Paul Twitchell

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*When we attack others, we deny our oneness with humanity. Hence, in attacking others, we kill a part of ourselves. We must learn to transcend the pettiness of the ego and move into a higher plane if we want to create love in our lives. The ego makes us doubt ourselves...and, therefore, makes us doubt others.* Susan Jeffers

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I look on death as a birthday into the fourth dimension. About 36 years ago I had a severe illness and was unconscious for about three days. All this time I was outside my body, and I talked with relatives long since gone from the face of the earth; I recognised them clearly, I had a body, but it was a different body with powers which enabled me to go through closed doors; and whenever I thought of any place such as London, Paris, or Belgium, where my sister was, I was transported there instantaneously, and I could see and hear everything that was going on. I spoke to friends and loved ones in the next dimension, yet I used no language; everybody communicated solely by thought. There were no boundaries. Everything seemed to be be alive, and I had no sense of time. I felt free, exalted, and rapturously ecstatic. I saw the doctor come into the room where my body was and heard him say "He is dead." I felt him touching my eyes and testing my responses, and I tried to tell him I was alive, but he didn't seem to know I was there I touched him and said, "Let me alone, I don't want to come back," but there was no perceptible recognition of my touch or voice. The doctor gave me an injection which seemed to be a heart stimulant of some kind. I was furious, I did not want to come back-it was so beautiful in the transcendent state. I was just beginning to enjoy myself, my new acquaintances, and studies in the next dimension. I was being restored to life, and I felt myself going back into my body like going into a sleeping body. Suddenly everything seemed to pass away and I felt I was in prison. As far as I know I had experienced what the world calls death, and, according to our sense of time, I was unconscious 72 hours. When men call us dead, we are merely functioning in a higher dimension of mind. Joseph Murphy

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