



We are increasing Peaceful Harmony for a City of Goodwill. #5

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.

Many things in your life matter, but only one thing matters absolutely. It matters whether you succeed or fail in the eyes of the world. It matters whether you are healthy or not healthy, whether you are educated. It matters whether you are rich or poor — it certainly makes a difference in your life. Yes, these things matter, relatively speaking, but they don't matter absolutely. There is something that matters more than any of those things and that is finding the essence of who you are beyond that short-lived entity, that short-lived personalised sense of self. You find peace not by rearranging the circumstances of your life, but by realising who you are at the deepest level. Eckhart Tolle

As you create expectations of people or situations, as you create opinions of what should or should not be taking place with yourself and others, you create your dilemmas. In reality you don't win or lose in life's games. The process is one of completion and fulfillment, of mastering and thereby lifting into higher realms of consciousness. John-Roger

Everyone and everything around you is your teacher. Ken Keyes

All things in this creation exist within you, and all things in you exist in creation; there is no border between you and the closest things, and there is no distance between you and the farthest things, and all things, from the lowest to the loftiest, from the smallest to the greatest, are within you as equal things. In one atom are found all the elements of the earth; in one motion of the mind are found the motions of all the laws of existence; in one drop of water are found the secrets of all the endless oceans; in one aspect of you are found all the aspects of existence. Kahlil Gibran

Every person creates his or her own reality. Authorship of your life is one of your absolute rights; yet so often people deny that they have the ability to script the life they desire. They often use the excuse that they cannot do what they want to do or get what they desire in life because they lack the resources to do it. They look past the fundamental truth that it is not our external resources that determine our success or failure, but rather our own belief in ourselves and our willingness to create a life according to our highest aspirations. Cherie Carter-Scott

Ralph Waldo Emerson said: " There is one mind common to all individual men, and every man is an inlet to the same and all of the same." He also said, " He who is admitted to the right of reason is a freeman of the whole estate."

Emerson inspires you to enlarge the concept of yourself when he announces this profound truth: " What Plato has thought, man may think; what a saint has felt, he may feel; what at any time has fallen any man, he can understand. Who hath access to the Universal Mind is a party to all that is, or can be done, for this the only and sovereign agent."

Emerson was America's greatest philosopher and one of the greatest thinkers of all time. He was constantly in tune with the Infinite, and he urged all men to release the infinite possibilities within them. Emerson taught the dignity and grandeur of man and pointed out to his listeners that the great appear great to us only because we are on our knees-that we attribute greatness to Plato and Others because they acted upon what they themselves thought, and not upon what other people believed or what others thought they should think. 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