



We are increasing Peaceful Harmony for a City of Goodwill. #10

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.

Some people become deeply peaceful and almost luminous just before they die, as if something is shining through the dissolving form. Sometimes it happens that very ill or old people become almost transparent, so to speak, in the few weeks, months, or even years of their lives. As they look at you, you may see a light shining through their eyes. There is no psychological suffering left. They have surrendered and so the person, the mind-made egoic "me" has already dissolved. They have "died before they died" and found the deep inner peace that is the realisation of the deathless within themselves. Eckhart Tolle

When you are in a state of nonacceptance, it's difficult to learn. A clenched fist cannot receive a gift, and a clenched psyche grasped tightly against the reality of what must not be accepted, cannot easily receive a lesson. John Roger

Keep a very kind feeling within your heart at all times, a feeling that is absolutely unprejudiced. You naturally love those who are dear to you, and you must learn to give that kind of love to the whole world. Paramahansa Yoganada

To believe in a thing or fact without troubling to investigate it, does not in any way do credit to an intelligent man. On the contrary it reflects adversely on his ignorance or credulity. Any belief not based on personal experience and verification of the facts, has little value. Kirpal Singh

If when born into the world you came into a family of the English-speaking race, then in all probability you are a Christian. To be a Christian is to be a follower of the teachings of Jesus, the Christ; to live in harmony with the same laws He lived in harmony with: in brief, to live His Life. The great central fact of His teaching was this conscious union of man with the Father. It was the complete realisation of this oneness with the Father on His part that made Jesus the Christ- it was through this that He attained to the power He attained to, that He spake as never man spake. He never claimed for Himself anything that He did not claim equally for all mankind. The mighty works performed by Jesus were not exceptional, they were the natural and necessary concomitants of His state; He declared them to be in accordance with unvarying order; He spoke of them as no unique performances, but as the outcome of a state to which all might attain if they chose. Ralph Waldo Trine

If you were given a magic wand that could suddenly change unwanted situations in your life, would you accept it? You were born with it. However, very few realise what they have at their command. Man possesses what the rest of nature does not possess, Imagination, the instrument by which you create your world. Your imagination is the instrument, the means, whereby your redemption from slavery, sickness and poverty is effected. If you desire a different concept of yourself and your life, you must assume the end result of the wish fulfilled. For the only fate governing your life is the fate determined by your own concepts, your own assumptions. Every phase of your life is made by the exercise of your imagination. It is the beginning and the ending of all creating. What greater gifts could be given you than to be told the truth that sets you free. You are limited only by your uncontrolled imagination and lack of attention to the feeling of your wish fulfilled. Bernadine Burlin

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