



**Greetings.** I am the 4th 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.

But to love is better than to be loved. For love is an active pleasure and a good thing; whilst merely to be loved creates no activity in the soul. He that loves, in so far as he loves, is conferring benefit; whilst he who is loved, in so far as he is loved, confers none.

Aristotle

\*\*\*\*\*

There was an old fellow who was always cheerful and happy all the time. He was asked, "Why is it that you are always so happy?" He answered "I wake up every morning with two choices one is to be happy, the other is to be miserable. I always choose to be happy and it seems to work out that way." He enjoyed life to the fullest. In a survey of people over the age of eighty designed to determine what it was that enabled them to live so abundantly into their ninth decade, a common denominator was discovered : ail had a lively interest in life. They had enthusiasm. They were filled with God, which always expresses as a love for life, a love for people, a love for what they are doing - as enthusiasm.

Donald Curtis

\*\*\*\*\*

When one door closes, another opens; but we often look so long and so regretfully upon the closed door, that we do not see the one which has opened for us.

Alexander Graham Bell

\*\*\*\*\*

To experience a sense of total freedom it is important for us to detach ourselves from past-future pre-occupations and choose to live in the now. To be free also means not being confined to the reality that seems limited by our physical senses. To be free allows us to participate in the Love we share with everyone. We cannot be free until we retrain our minds to stay present in the now. Jerry Jampolsky

Of all the traps and pitfalls in life, self dis-esteem is the deadliest and the hardest to overcome; for it is a pit designed and dug by our own hands, summed up in the phrase, "It's no use - I can't do it."

The penalty of succumbing to it is heavy- both for the individual in terms of material rewards lost, and for society in gains and progress unachieved.

As a doctor I might also point out that defeatism has still another aspect, a curious one, which is seldom recognised, Isn't it on those days when we are most subject to the 'fearful Unbelief', when we most doubt ourselves and feel inadequate to our task - isn't it precisely then that we are most difficult to get along with?

We simply must get it through our heads that holding a low opinion of ourselves is not a virtue, but a vice!

Maxwell Maltz

\*\*\*\*\*

#### A GARDEN

A garden is a lovely place  
Where seeds burst through the sod.

A garden is a partnership  
Between two hands and God.

A garden is a restful place  
Where gentle breezes blow...

A family of growing things  
Where souls can also grow.

A garden is a peaceful place  
Where I can go apart

To think to meditate, to pray  
And listen with my heart.

William Arthur Ward

\*\*\*\*\*

SUCCESS is the result of mental attitude, and the right mental attitude will bring success in everything you undertake.

Oliver Wendell Holmes

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)