



Greetings. I am the 6th 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.

Did you ever as a child come home bursting with good news only to find the house empty, no one to share it? What a let down. The keen edge of joy is dulled if we have to keep it to ourselves. Thankfulness serves that same purpose of adding to the meaning and blessing of what we have received. If there were no one to thank, life would be poor indeed.

Peter Pleune

For life is the mirror of king and slave,
'Tis just what we are and do;
Then give to the world the best you have
And the best will come back to you.

Do not take life's experiences too seriously. Above all do not let them hurt you, for in reality they are nothing but dream experiences If circumstances are bad and you have to bear them, do not make them a part of yourself. Play your part in life, but never forget that it is only a role. Paramahansa Yogananda

I think of a husband and wife who have three healthy daughters and a young son who is a mongoloid. "We love all our children equally. but we enjoy our son the most," the father told me. "Perhaps it is because we know the others can get along on their own. But we know that he needs us. And we all need to be needed. When I come home from work, even though I have accomplished great things in my profession of engineering, I pick up my little boy with the slanted eyes and feel his thin arms curl around my neck. I hold him tight and in that supreme moment I know that I am a very important person to him. In that divine second I have an enormous and overwhelming sense 'of self-worth!' he told me.

Robert H. Schuller

'To give is to receive' is the Law of love. Under this Law, when we give our Love away to others we gain, and what we give we simultaneously receive. The Law of Love is based on abundance; we are completely filled with Love all the time, and our supply is always full and running over. When we give our Love unconditionally to others with no expectations of return, the Love within us extends expands and joins. So by giving our Love away we increase the Love within us and everyone gains!

Jerry Jampolsky

Father Dominique Pire, a recipient of the Nobel Prize for Peace, believes, "Men build too many walls and not enough bridges." We build a wall and shut out from our association those whose ideas we disagree. We build a wall against those who have slighted us, why not build bridges of understanding, reconciliation, sympathy and love?

Paul Osumi

The snow goose need not do anything to make itself white. Neither need you do anything but be yourself.

Lao-Tse

At every end is a new beginning.

Susan Hayward

When you can allow people to express their Light their own way, to fulfil their destiny and walk the path to the drummer they hear, then you are, in essence, doing the same thing God does—allowing them the freedom of their own expression.

John-Roger

Take time to THINK... it is the source of power.
Take time to PLAY... it is the secret of perpetual youth,
Take time to READ... it is the fountain of wisdom.
Take time to PRAY... it is the greatest power on earth.
Take time to LAUGH... it is the music of the soul.
Take time to GIVE ... it is too short a day to be selfish.

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