



Greetings. I am the 7th 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.

In the Alps there is a monument erected to the memory of a man who lost his life seeking to ascend the mountain. The stone bears this simple inscription, "He died climbing." The three words recite his life of heroism. He did not reach the summit, but he fell with his face toward it. In spite of the struggle, we must go forward.

Paul S. Osumi

Give the best you have received from the past to the best that you may come to know in the future. Accept life daily not as a cup to be drained but as a chalice to be filled with whatsoever things are honest, pure, lovely, and of good report.

Making a living is best undertaken as a part of the more important business of making a life. Every now and again take a good look at something not made with hands - a mountain, a star, the turn a stream. There will come to you wisdom and patience and solace and, above all, the assurance that you are not alone in the world.

Sidney Lovett

It's easy enough to be pleasant when life flows along like a song, but the man worth while is the man who can smile when everything goes dead wrong.

Dov Peretz Elkins

If one advances confidently in the directions of his dreams, and endeavours to live the life which he imagined, he will meet with a success in common hours.... In proportion as he simplifies his life, the laws of the universe will appear less complex, and solitude will not be solitude, nor poverty, nor weakness, weakness. If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.

Davi Thoreau

I have often thought that we have much to learn from infants. They have not yet adapted to the concept of linear time with a past, present and future. They relate only to the immediate present, to right now. It is my hunch that they do not see the world as fragmented. They feel that they are joined to everything in the world as part of a whole. To me, they represent true innocence, love wisdom and forgiveness.

Jerry Jampolsky

There is no trait of character more enriching than simple humility.

It is easy to give in to despair, give up to mistakes and give out resentment. The real challenge to test your integrity is to be strong enough to cast away despair, conquer the desire to stop trying because errors have been made and have no malice toward anyone. This is the one who demonstrates integrity.

John Roger

MAKING LIFE A SYMPHONY

To live content with small means;
To seek elegance rather than luxury,
And refinement rather than fashion;
To be worthy, not respectable,
And wealthy, not rich;
To study hard, think quietly,
Talk gently, act frankly;
To listen to stars and birds,
To babes and sages, with open heart;
To bear all cheerfully, do all bravely,
Await occasions, hurry never.
In a word, to let the spiritual,
unbidden and unconscious grow up through the common,
This is to be my symphony.

William Ellery Channing

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