



**Greetings.** I am the 9th 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.

Relationships work when each person is willing to see that each is an equal creator of all aspects of the relationship. Relationships don't work when anybody takes less than 100% responsibility. Learning to love yourself in a relationship is seeing that you will create the very situations you need that allow you to experience the parts of yourself you cannot love. By doing that you will eventually have the opportunity to love all of yourself. Then, as if by magic, you will find yourself being completely loved by others.

Gay Hendricks

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The final test of faith is not how much you believe, but how much you love.

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When an emotional injury takes place, the body begins a process as natural as the healing of a physical wound. Let the process happen. Trust that nature will do the healing. The pain will pass and, when it passes, you will be stronger, happier, more sensitive and aware.

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Clouds may cover the sunshine, but they cannot banish the sun.

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The last of the human freedom is to choose one's attitude in any given set of circumstances, to choose one's own way

Viktor Frankl

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You are where you belong by right of your own thought. Your place in life right now is determined by your beliefs, your attitudes, your emotions, your concepts, your desires, or your Lack of them. If you are not happy where you are remember that where you are can always be changed. Raymond Charles Barker

The next time you think about someone, "I hate you," ask yourself, 'What is it this person is reminding me about myself that I hate?' And the next time you think about another, "I love you," ask yourself, 'What is it I love about myself that I see in this person, too?' Peter McWilliams

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If I can stop one heart from breaking,  
I shall not live in vain;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin unto his nest again,  
I shall not live in vain.

Emily Dickinson

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If you do not wish to be prone to anger, do not feed the habit; give it nothing which may tend to its increase. At first, keep quiet and count the days when you were not angry: "I used to be angry very day, then every other day: next, every two, then every three days!" and if you succeed in passing thirty days, sacrifice to the gods in thanksgiving. Epictetus

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Any person - no matter what his position, age or physical condition - has the capacity to be a wonderful person.

Robert H Schuller

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The only way to deal with the future is to function efficiently in the now.

Gita Bellin.

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Alice Freeman Palmer advocates three simple rules for happiness. First, commit to memory every day something good, such as a Bible verse. Second, look for something pretty each day—a flower, a cloud, a star, and stop long enough before it to say, "Isn't it beautiful?" Third, do something for someone every day. Paul S. Osumi

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)