



Of Seeds and Flowers



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2020- LETS ALL LET GO OF THE SELF-MADE SELF

Without thinking or feeling some emotion, there is just awareness. There is then no desire for bliss, enlightenment, or to teach others. Things are just as they are. In that so called emptiness, enjoyment arises of itself. As soon as we try to enjoy, the enjoyment ceases. Somehow at the bottom of emptiness (openness, pure awareness), there is the Divine Presence and the peace that surpasses all understanding.

If you bring the same emptiness and freedom to each moment and its content, you will be happy even in the midst of suffering. Accept everything and everyone just as they are, where they are, and try to act as lovingly as possible in every situation. Be ready to be led you know not where or when. Hush the discriminating mind dividing things into good or evil for me.

Fear draws us to the center we have created, the ego self. Divine Love expands from our real center, the true self. One feels the pain of others and must reach out to help them even when they are unaware of their pain. But one is content and at peace because one does not discriminate.

The true self is all the colors of the rainbow and must expand to experience the whole of one's being. One is not limited to one or two colors. One need not reject any color, but is to become all of them. The more colors one manifests, the more one manifests the Light that we are and the Light that we share.

Ladders and stages suggest leaving behind the previous rung or stage. Actually one adds new dimensions to what one is, like a tree adds rings.

Take and accept yourself just as you are, where you are. If you are aggressive, lustful, fearful, or shy and withdrawn, notice your feelings before, during, and after each incident, without emotional reactions of blame, shame, anger or discouragement. Let God work with your faults and limitations. Just recognize them and be with them, without trying to correct them. As you watch them, feel them, accept them, their force and exaggeration will gradually diminish.

Keep moving to the center of your being where Divine Love is and welcome whatever bodily feeling or emotion that is happening. The present moment contains all we need to be happy. Only our attitudes have to change. Thomas Keating

The above is meat and potatoes, meat and potatoes not just desert. Sometimes we cover our lives in a coat of religious varnish. Just enough to satisfy the law, to feel good but not enough to go deeper into love, prayer, the transformation of our souls. We don't do it deliberately or consciously but it happens when we are not looking. The noise and the busyness drowns out the silence that allow us to listen.



WHO IS THE SAINT? *The one who obeys God in his/her weakness, or the one who demands to have every admirable quality before he/she sets out on his/her quest?"*



All of humanity's problems stem from man's inability to sit quietly in a room alone.

- Blaise Pascal

...TOO MUCH NOISE, DISTRACTION, BUSYNESS!!

A DROP OF RAIN...A BIT OF SUN

An angel was walking down the street carrying a torch in one hand and a pail of water in the other. A woman asked the angel, "What are you going to do with the torch and with the pail?" The angel said, "With the torch, I'm going to burn down the mansions of heaven, and with the pail of water I'm going to put out the fires of hell. **Then we shall see who really loves God.**"

A Lesson on Life:

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away.

The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall. When they had all gone and come back, he called them together to describe what they had seen.

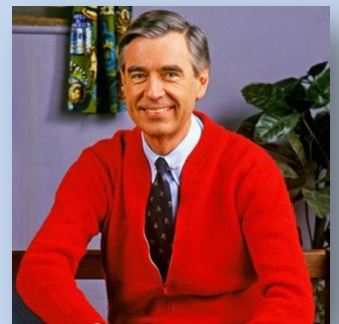
The first son said that the tree was ugly, bent, and twisted. The second son said no it was covered with green buds and full of promise. The third son disagreed: he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the

most graceful thing he had ever seen. The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

The man then explained to his sons that they were all right, because they had each seen but only one season in the tree's life. He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up. If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer your fall.

Don't let the pain of one season destroy the joy of all the rest. Don't judge life by one difficult season. Persevere through the difficult patches and better times are sure to come.

"WON'T YOU BE MY NEIGHBOR": There is an absolutely wonderful film on HBO, PRIME, "Won't You Be My neighbor" that features the story of Fred Rogers. -not the Tom Hanks movie, which I am looking forward seeing. Mr. Rogers would be outraged by the evil daily displayed and praised in our society and doubly out raged by the way the media is killing our children. He was upset by the media in his day, today, there are not enough negative adjectives to describe what the media are doing to our children. **Where are you Mr. Rogers when we need you?**



AMERICA, THE COUNTRY THAT PRETENDS TO CARE FOR ITS CHILDREN. When are the psychologists, social workers, educators, day care workers, going to be equally concerned and begin to speak the truth to parents, to our country??

"We Christians have largely mirrored our culture and not transformed it." Rohr



SMILE: Financially, it is becoming more difficult to produce "**Of Seeds and Flowers**". If you are able to help, from time to time, it will give us the ability to keep sharing! **One thing you can do, if you buy items on Amazon**, is to sign on to their donation program called "Smile". It only takes a minute.

Choose Mary's Field as your charity. **Amazon will donate** 1% of your total order to Mary's Field, **taking no money from your order or account**. Once you sign up, all is done **automatically if you use Amazon's identical website at smile.amazon.com**. You will make all future orders as you have always done in the past. Thank You!!! Mary's. Field. P.O. Box 99 Hebron Ct. 06248 Many Hugs! Mary's Field is touching about 900 people a month!! -and YOU are a part of each touch!! God likes this!!

If you like "Of Seeds and Flowers" SHARE IT! Be a part of the change you want to see in the world.

Martin Luther King, Because It Is Right.

"**Courage** is an inner resolution to go forward despite obstacles; cowardice is submissive surrender to circumstances.

Courage breeds creative self-affirmation; cowardice produces destructive self-abnegation.

Courage faces fear and masters it; cowardice represses fear and is mastered by it.

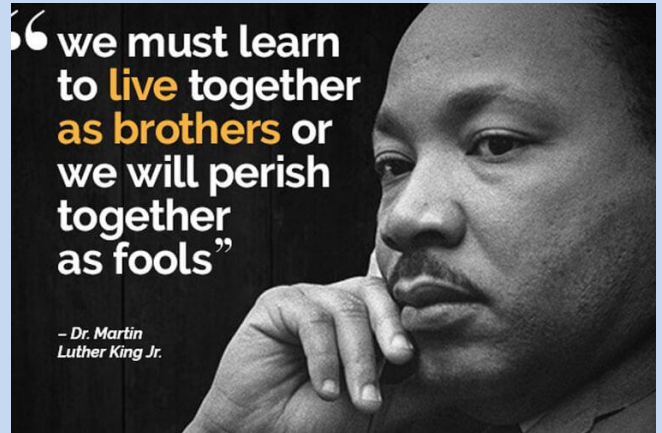
Cowardice asks the question - is it safe?

Expediency asks the question - is it politic?

Vanity asks the question - is it popular?

But conscience asks the question - is it right?

And there comes a time when one must take a position that is neither safe, nor politic, nor popular; but one must take it because it is right."



When Martin Luther King was put in jail for his peaceful racial protests he would not eat or drink for twenty four hours for the people who put him in jail. This is REAL POWER.- True REDEMPITIVE SUFFERING. Can you imagine any of the media personnel or our non-leader politicians doing this today? **"WHERE THERE IS NO VISION THE PEOPLE PERISH."** Proverbs

Abortion doesn't make you un-pregnant; it **makes you the parent of a dead child.**
"My body, my choice." *That's OK if you are aborting yourself!* **3000 ABORTIONS A DAY!**
Picture of dog, seal, eagle - "kill him" = **Cruelty!**

Picture of fetus - "kill him" = **Choice!** All Christians must consider this and many other things when they vote this November. When a person or a politician compromises on life it becomes easier to compromise on other lesser issues. Decisions! Decisions! Morality stinks!! Life is tough, isn't it?

If you are reading this issue of "Of Seeds and Flowers" and have had an abortion, ask God for forgiveness, accept His forgiveness, forgive yourself, move on, and let Him love you with His superabundant forgiveness and love.

The other big temptation from all of this, and sin in general, is to hate yourself, to beat up on yourself, because you have not lived up to the ideal image of yourself. This is PRIDE and dangerous. It can open the way to worse things. God forgives. Let go!!

IN OUR WORLD WE NEED TO BE TWO PEOPLE: One person that fights for truth, for what is good and noble and pure and free, etc, etc, and build the City of Man. And a second person that recognizes that after we have done all that we can do to be **Apostles of Love and TRUTHFUL change**, that remembers the Cross of Jesus, and the finality and frustration and immobility of Jesus on the Cross - **WHEN, INCIDENTALLY HE DID HIS BEST WORK** -and know that **in the end**, we too, after all our best efforts, may like Jesus, **appear** to have failed. - **and then be at PEACE.**



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SPEAKING SOFTLY

*"The world is so empty if one thinks only of mountains, rivers and cities, but to know someone who thinks and feels with us, and who, though distant is close to us in spirit, **that makes the earth for us a garden.**"*

Goethe, by way of good friends, Joe and Joanne Gilmore.

Thank you for being our "garden". Your presence in our life is gift. You lift our hearts and put fresh wind under our wings each time you write, read our postings, share the goodness with others. You are building the City of Man and the City of God.

THANK YOU! - AND DON'T STOP SHARING IN 2020!!



SIX STORIES

{1} ONCE ALL VILLAGERS DECIDED TO PRAY FOR RAIN, ON THE DAY OF PRAYER ALL THE PEOPLE GATHERED, BUT ONLY ONE BOY CAME WITH AN UMBRELLA. THAT'S **FAITH**.

{2} WHEN YOU THROW A BABY IN THE AIR, SHE LAUGHS BECAUSE SHE KNOWS YOU WILL CATCH HER. THAT'S **TRUST**.

{3} EVERY NIGHT WE GO TO BED, WITHOUT ANY ASSURANCE OF BEING ALIVE THE NEXT MORNING BUT STILL WE SET THE ALARMS TO WAKE UP. THAT'S **HOPE**.

{4} WE PLAN BIG THINGS FOR TOMORROW IN SPITE OF ZERO KNOWLEDGE OF THE FUTURE. THAT'S **CONFIDENCE**.

{5} WE SEE THE WORLD SUFFERING, BUT STILL WE GET MARRIED AND HAVE CHILDREN. THAT'S **LOVE**.

{6} ON AN OLD MAN'S SHIRT WAS WRITTEN A SENTENCE 'I AM NOT 80 YEARS OLD.... I AM SWEET 16 WITH 64 YEARS EXPERIENCE' THAT'S **WISDOM**.

Have a happy day and live your life like these six stories!

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