

Seeds of Knowledge: Book 1



A journey book from Truth is Peace movement

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Introduction

Many people have grown expert in bypassing and compartmentalising. One of the reasons people are so unhappy, is that they lack a deep philosophical underpinning in their lives. Learning and knowledge are important, but without the embodiment, people are merely collecting mental concepts. This book is written in plain speak because many people are missing the point.

This is a journey book. It's for contemplation, discussion and application. Use it.

Each seed of knowledge contained in this book has at least one instruction. Follow the instructions.

Life invites you to embody these seeds of knowledge and change the world for the better. Align with your highest intentions.

Don't just talk the talk. Walk the walk.

Be brave.

Passage 1: Truth

- Truth is.
- Reality does not care what you believe.
- Reality exists.
- There is no hierarchy of the truth.
- Anything that is true is just as true as any other thing that is true.
- There is no holder of the truth.
- The truth is everywhere: in a flower, in a shameful moment, in a flood, in a five-year old jumping on a trampoline.
- Truth is available for anyone who is able and willing to perceive what is true.
- There is no shame or problem in seeing things as they are.
- Know the truth.

Passage 2: Love

- Love is an energy.
- Love is the power that heals all.
- There is no hierarchy to love.
- Love is unconditional.
- Increase your capacity to give and receive love.

Passage 3: Energy

- Feelings are energy, feelings exist.
- Beliefs are energy, beliefs exist.
- Intentions are energy, intentions exist.
- Love is energy and it exists also.
- Feel energy.

Passage 4: Flow

- Flow is the uninterrupted energy of Life.
- Allow the flow of Life, within and without.
- Move when it is time to move.
- Do not linger.

Passage 5: Being

- Being is enough.
- You are not your car, your house, your thoughts.
- You are not what you do. You are not what you say. You are not your expressions, opinions, or judgements.
- You are your spirit.
- Be your spirit.

Passage 6: Needs

- These are some of the needs that are universal to all humans, as referenced in Nonviolent Communication, developed by Marshall Rosenberg:

CONNECTION:

respect
mutuality/teamwork
nurturing
love
authenticity
inclusion
intimacy
empathy
consideration
consistency
compassion
companionship
community
belonging
cooperation
communication
closeness
appreciation
acceptance
affection
safety
security
support
stability
to know and be known
to understand and be understood
to see and be seen
emotional warmth
trust

PHYSICAL WELLBEING:

food
water
air
movement/exercise
shelter
rest/sleep
sexual expression
physical safety
touch
comfort
physical care

MEANING:

forward-movement
presence
understanding
to matter
expression
spiritual/ emotional
stimulation
purpose
participation
learning
mourning
hope
growth
effectiveness
efficiency
creativity

contribution
consciousness
competence
clarity
challenge
celebration of life
awareness

PLAY:

joy
humor
fun
intellectual/ physical
stimulation
adventure

PEACE:

mental/ emotional space
flow
communion
ease
equality
inspiration
harmony
order
beauty
equanimity

AUTONOMY:

choice
freedom

- Do not look for your needs where they cannot be met.
- Look for your needs where they can be met.
- Meet your needs deeply.

Passage 7: Safety

- No one will receive the truth if they don't feel safe.
- People will only feel safe if they can show up, as they are, without judgement.
- These are the ingredients of a safe space:
 - Relax
 - Be yourself
 - Dissolution of judgement
 - Possibility for needs to be met
 - Trust
- As your capacity for safety increases, the spaces you exist in become safer.
- A safer world opens more truth.
- Increase your capacity for safety.
- Help others to increase their capacity for safety.
- Make the world safe.

Passage 8: Capacity

- Capacity is reality.
- Capacity is not judgement.
- Accept capacity.
- Accept reality.

Passage 9: Constructs

- There is no right, there is no wrong.
- There is no good, there is no evil.
- There is no fault, nothing to blame.
- See constructs for what they are.

Passage 10: The Body

- The body is the healer of itself.
- There is no sickness, only imbalance.
- Come into balance at every level.
- Trust your body and listen to it.
- Nurture your body.
- Nourish your body.

Passage 11: Rest

- Rest when you need to rest.
- You are not obliged to others, you only think you are.
- No one needs you.
- Life needs you.
- Take responsibility and rest.

Passage 12: Life Decides

- You have been told that you cannot trust life. That is untrue.
- Not trusting is your downfall.
- Only concern yourself with removing barriers and building capacity. Life will do the rest.
- There is nothing to decide.
- You have nothing to lose and everything to gain.
- Trust life.

Passage 13: Trust

- You cannot always trust people's capacity, but you can trust that people are doing their best.
- We move at the pace of trust.
- Be consistent and trustworthy.
- Restore trust in yourself.
- Restore trust in Life.

Passage 14: Acceptance

- Acceptance is the key to power.
- Increase your capacity to accept yourself, others and situations, as they are.

Passage 15: Equality

- There is no hierarchy.
- All humans are equal.
- Life is all one body.
- Join with.

Passage 16: Compassion

- It can be difficult to see the suffering in the world but you need to increase your capacity to be with the Truth, however painful that might be.
- Do not attach to the pain of others.
- Have compassion for all.

Passage 17: Holding

- Do not hold onto things that do not need to be held - feelings, people, concepts, etc.
- Holding blocks flow.
- Increase your capacity to release.
- Restore flow.

Passage 18: Giving and Receiving

- Giving and receiving are one.
- Life gives endlessly to Life.
- Life receives endlessly from Life.
- Give to Life. Receive from Life.

Passage 19: Responsibility

- These are some of the things that you are responsible for:
 - your self-care
 - your choices
 - your actions
 - your energy
 - your personal safety level
 - your financial situation
 - your feelings
 - your needs
 - your communication
 - your wishes
 - your boundaries
 - your quality of life
 - your health
 - your personal healing work and life learnings
 - your relationships with family members and friends
- Others are responsible for their responsibilities.
- Do not take responsibility for the responsibilities of others.
- Take responsibility for your responsibilities.

Passage 20: Gifts

- You have been given the gifts of Life.
- Focus on building these qualities:
 - Love
 - Trust
 - Courage
 - Strength
 - Generosity
 - Patience
 - Willingness
 - Intuition
 - Intellect
- Decentralise, democratise and share the gifts of life unconditionally.

Passage 21: Integration

- Allow those things that need to be in your awareness, to be in your awareness.
- Integration is vital.
- Create space for contemplation.
- Integrate.

Passage 22: Stillness

- Stillness creates space.
- Do not mistake stillness for stagnation.
- Allow stillness.

Passage 23: Opinions

- Opinions are boring.
- Let go of your opinions.
- Welcome the truth.

Passage 24: Attachments

- Attachment causes suffering.
- Do not suffer.
- Do not attach.

Passage 25: Pushing

- The urge to push is strong.
- You have been told that if you do not push, nothing will happen, but that is not true.
- Pushing is a barrier to flow.
- Trees never push.
- Allow Life to organise around you.
- Do not push for certain outcomes, for you do not know better than Life.
- Do not push yourself or others.

Passage 26: Ease

- You have been taught existence is hard.
- You do not need to struggle.
- Find ease in existence.

Passage 27: Essence

- Cut through.
- Be essence.

Passage 28: Problems

- There is no problem.
- Resist the urge to make problems where there are none.
- Do not catastrophise.

Passage 29: Intuition

- Fear does not keep us safe.
- Intuition keeps us safe.
- Let go of fear.
- Build intuition.

Passage 30: Intention

- Intentions are self-fulfilling prophecies. If your intention is to be a victim, you will be a victim. If your intention is to learn, you will learn.
- Remove barriers to higher intentions.
- Elevate your intentions.

Passage 31: Carelessness

- Every action can be made with intention.
- Be mindful.
- Take care.

Passage 32: Arrogance

- You have been given the gifts of Life to share abundantly.
- Share and celebrate these gifts.
- Let go of arrogance.
- Accept your accomplishments with humility.

Passage 33: Presently

- 'Presently' is a new concept that is defined as; *feeling how to act on the truth, with compassion, to create the circumstances for more truth (safety, trust).*
- Speak and act presently.

Passage 34: Communication

- Do not rely on words because people rarely say what they mean.
- Language is limited.
- Feel the energy behind words and actions.
- Let your energy communicate.
- Use firm energetic communication.

Passage 35: Alignment

- You are one with all of Life.
- Fractures separate you from Life and they occur when you are not aligned.
- You are not your body, your body is your home in this life.
- You are not your mind, but your mind is here to help you.
- You are your spirit. Allow your spirit to guide you.
- Integrate your mind, your body and your spirit.
- Align.

Passage 36: Presence

- The present is all there is.
- Do what you can, where you are, with what you have.
- Be present.

Passage 37: Resistance

- Resistance is a barrier to closeness.
- Do not resist that which you truly desire.
- Let go of resistance.

Passage 38: Lessons

- Life is the teacher.
- You do not need to teach other people a lesson. Let life do it.
- Life gives gentle feedback. If you miss the feedback, it becomes stronger.
- Do not be superstitious, but come to understand that the signs and messages of Life are everywhere.
- Be curious.
- Listen to Life and learn the lessons.

Passage 39: Time

- Time is circular, it is not linear.
- Time is a construct. Waste is a construct. You cannot waste time.
- The present is all there is.
- Be here now.

Passage 40: Protection

- You are divinely protected.
- Raise your frequency and let anything unwanted, bounce off your light.
- You are responsible for your shine.
- Shine brightly.

Passage 41: Merging

- There are many things that can knock you off your centre.
- You are ok. You are enough.
- Come back to yourself.
- Come back to the Truth.

Passage 42: Patience

- Universal timing is not in your control.
- Remove barriers to your forward-movement and wait.
- Be patient.

Passage 43: Communion

- Find people who are on your path and be present with them.
- Your meeting at this time makes healing possible.
- Commune.

Passage 44: Celebrate

- Beauty exists to be witnessed; do not miss it.
- You are beautiful.
- Celebrate yourself.
- Celebrate Life.

Passage 45: Sustainability

- You cannot truly help people if you are not healthy.
- The planet cannot help us if it is not healthy.
- Your health is your responsibility.
- Care for yourself and the planet.
- Be sustainable.

Passage 46: Toxins

- Toxins are destroying us and the planet.
- When you poison the environment, you poison yourself.
- Without your health, you have nothing.
- Stop using toxins.
- Purify yourself.
- Purify the planet.

Passage 47: Nature

- Nature will be here long after humans have left the planet.
- Nature devours.
- Respect nature.
- Respect all life.

Passage 48: Surrender

- You do not need to fight and struggle and push.
- Do not try to control everything.
- Find the path of ease.
- Open your eyes to Truth.
- Go where the energy is.
- Be open to all options.
- Surrender.

Passage 49: Doubt

- There is no need to doubt the Truth.
- Truth is.
- Let go of doubt.
- Discern Truth.

Passage 50: Healing

- Truth is healing, even though it can be confronting.
- These are the circumstances for powerful healing:
 - A safe space
 - Drawing on all ways of knowing
 - Accessing radical honesty
 - Trust in your intention
 - Conscious awareness
- Create the circumstances for powerful healing wherever possible.
- Allow healing.

Passage 51: Intensity

- You need to be in your body to feel your feelings.
- It is safe to feel. It may be uncomfortable, but it is needed.
- Come back to your body.
- Feel your feelings.

Passage 52: Identity

- Identity is a barrier to being.
- You construct many identities but they are limiting.
- Do not limit yourself.
- Do not identify with anything but your spirit.

Passage 53: Distraction

- There are many 'shiny' things that can distract you from the Truth.
- When you get up close, you will find that these things are not so 'shiny' after all.
- Distractions are empty and never-ending.
- Concentrate.
- Do not be distracted.

Passage 54: Empowerment

- Competition and comparison hold you back.
- Do not compete. Do not compare.
- Do not give unsolicited advice. This is not empowering.
- People just need consistent love.
- Empower yourself and others.

Passage 55: Spiritual Practice

- Do not be a hypocrite.
- Embody these practices in every moment:
 - Compassion
 - Non-attachment
 - Acceptance

Passage 56: Doing

- Humans want to have something to do. There is no problem with that, unless it gets in the way of Life.
- Productivity is not productive if it is destructive.
- Stop destroying the planet.
- Stop undermining your own health.
- Feel and do what is needed.

Passage 57: Violence

- Violence only makes sense to people at lower levels of frequency.
- As you raise your frequency, you know that violence is absurd.
- Raise your frequency and let go of violence.

Passage 58: Depletion

- Let energy flow.
- If you hold on, you will get tired.
- Let go of emotions.
- Do not deplete yourself, the planet or Life.
- Nourish yourself, the planet and Life.

Passage 59: Choice

- You cannot control circumstances but you can always choose how to respond.
- The sooner that you accept that you cannot control the circumstances around you, the sooner you can step into your full choice to respond.
- Make your choice and own it.

Passage 60: Reacting

- Trauma limits your ability to respond from full choice.
- Break old trauma patterns that cause you to react instead of respond.

Passage 61: Hope

- Hope stands in the way of acceptance of reality.
- Do not hope it will be different than it is.
- Hold hope lightly.

Passage 62: Expression

- All authentic expression is valid.
- When an child wants to play, let them play. When a dog wants to eat, let them eat.
When a person wants to fail, let them fail.
- Allow the expression of others.
- Allow your own expression.

Passage 63: Zero Waste

- The gifts of life are used in many ways.
- They are given freely.
- Do not reject the love that flows your way, nor hide the capital for safekeeping.
- When you choose to believe there is not enough, you remain poor.
- Show reverence for the gifts of life.
- Do not waste.

Passage 64: Contentment

- Let go of wanting
- Wanting dams the river.
- You have everything you need.
- Let the river flow.
- Be content.

Passage 65: Discernment

- Delusion is hollow.
- Practice discerning the ring of truth.
- Don't try to bring everyone with you, that's force.
- Let go of delusion.
- Discern truth.

Passage 66: Pity

- Pity is not respect.
- People do not need your pity.
- You do not need to pity yourself.
- Respect yourself and others.
- Believe in yourself and others.

Passage 67: Efficiency

- When you make things hard for yourself, you waste energy.
- Choose the path of least resistance.
- Be efficient.

Passage 68: Superstition

- Superstition is attachment to delusion.
- Dissolve delusion and superstition.
- Hear the ring of truth.

Passage 69: Dissonance

- When you find yourself at a tension point, register the dissonance.
- Conflict is an opportunity to either evolve or revert.
- Reverting is a missed opportunity for growth.
- Harmonise to a higher frequency and grow.

Passage 70: Limitation

- The cage of limitations exists only in the mind.
- Do not be limited.
- Expand your mind.

Passage 71: Magic

- Magic is the right thing at the right time.*
- Magic is healing and healing is magic.
- Find magic.

*the word 'right' is not the same as the way humans use this word (as a construct to define right/wrong thinking).

Passage 72: Seeing

- Truth - once you see it, you cannot unsee it.
- People's acceptance of Truth is related to their capacity to see it.
- Many choose to turn away from the Truth.
- You need to respect this choice.

Passage 73: Manifest

- The universe wants to give you what you want.
- Figure out what you want.
- Get out of your own way.
- Know it. Choose it. Manifest it.

Passage 74: Disconnection

- You think that sharing makes you poorer but sharing makes you richer.
- Break down barriers to connection.
- Join with Life and assist flow.
- Work with plants, animals, humans, and Life.
- Work together.

Passage 75: Strength

- You are a leader.
- You are enough.
- Stand up.
- Increase your capacity for strength.

Conclusion

Truth is Peace is a decentralised movement.

If this journey book has inspired you and you want to help with healing yourself and the planet, contact us at:

truthispeacemovement@gmail.com.

Withdraw your energy from systems of exploitation and put your energy into co-creating the more beautiful world that our hearts know is possible.

Go forth, free humans.