



# Seeds of Light

## Planting Seeds of Love, Kindness, and Compassion

Seeds of Light Planting Seeds of Love, Kindness, and Compassion is filled with nonviolent practice consideration ideas, activities, and examples at the end of each chapter. The Foreword by Arun Gandhi spotlights the importance of value-based education. Seeds of Light begins with a Peace Tree planting and concludes with Gandhi's Tree Lesson. The last chapter in the book is dedicated to Gandhi's Tree lesson where he instructs his grandson to document acts of passive and physical violence, cultivating the young Arun's education in the path of nonviolence. Seeds of Light Planting Seeds of Love is a guide geared toward the youth, yet applicable to people of all ages and stages of growth.

*"With violence on the uptick, especially in our schools throughout the nation, it is time we re-evaluate our curriculum and begin to integrate value-based options to help children understand and overcome passive-violent tendencies."* - Lynnea Bylund

Lynnea Bylund's Seeds of Light, Planting Seeds of Love, is a book of lessons, insights, and activities. It is a study companion to the author's well-received personal journal, "Seeds of Light, A Practice Guide in Understanding." It offers simple & encouraging methods to discover your innate intelligence and focus on deeper meanings and evolutionary growth and healing from within. This beautifully illustrated self-exploration collection of lessons, activities and insights also makes an ideal gift for a friend or loved one – it makes the perfect daily writing prompt journal for adults and teenagers alike.

### ABOUT THE AUTHOR

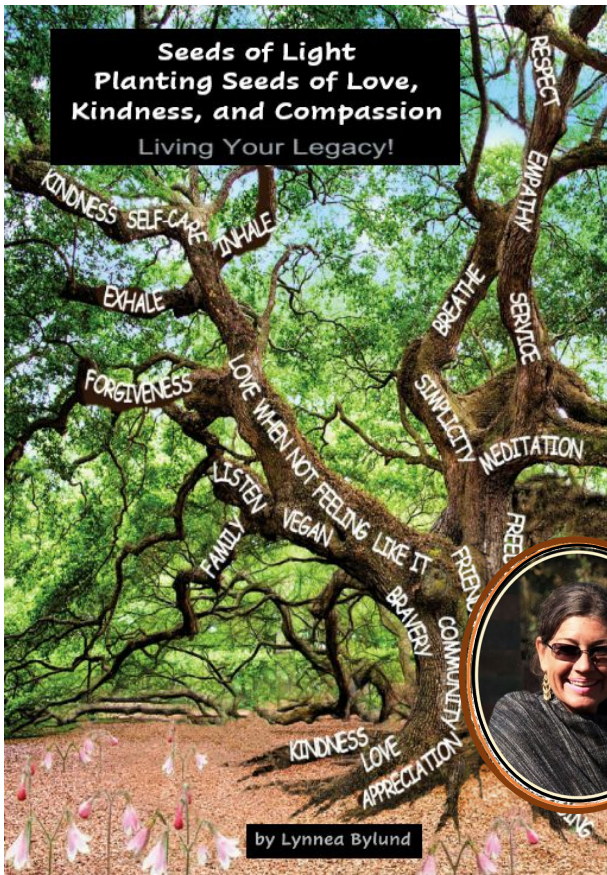
Lynnea Bylund has a degree in holistic health and nutrition from the legendary and controversial health researcher, educator, and activist Doctor Kurt Donsbach; She is the former Managing Director of Gandhi Legacy Tours; Director of Gandhi Worldwide Education Institute; Founder of Catalyst House; and has over three decades of knowledge in corporate administration marketing and business development. Through the 90s she was a nationally recognized spokeswoman for emerging broadband video and information delivery industries. Lynnea is the founder of two not-for-profit small business-based wireless trade associations and has lobbied on Capitol Hill and at the FCC where she has spoken out strongly against the cable TV monopoly, illegal spectrum warehousing and congressional schemes to auction our nation's precious airwaves to the highest bidder. In 1995 she was one of only 18 winners, along with Sprint, AT&T, and Verizon, in the biggest cash auction in world history - a whopping \$7.7 billion.

Lynnea is enthusiastically available to give her well-received talks and presentations about journaling, self-discovery and the meditative life, as well as her travels with the Gandhi family throughout India and South Africa.

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### EDUCATION & SELF-HELP



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**Author:** Lynnea Bylund

**7x10 Softcover / \$19.95**

**ISBN: 979-8-985271-7-9**

**Pages:** 153 (with original Illustrations)

[www.CatalystHouse.net/SEEDS](http://www.CatalystHouse.net/SEEDS)

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