

May your path be strewn with flowers,
 memories, friends and happy hours,
 May blessings come like a heavenly dove,
 to fill your life with peace and love.
 an English friendship blessing



Greetings, I am a Seed of Friendship. Along with other seeds for building a better world we have evolved from The Share Your Heart Campaign started in Sydney, Australia in 1982. As a Seed of Friendship, I hope to reach across all the borders and across the cultural, religious and political boundaries, as a sharing of friendly and supportive acknowledgement of unconditional acceptance from one person to another. Friendships grow when similarities have more importance than differences. As a Seed of Friendship, it is the higher nature similarities with all people that I want to promote more awareness of, for true and lasting friendships are of our higher nature.

The message I want to spread is for the foundations needed for building harmony, goodwill and lasting peace within our global family - that's harmony without simmering tension - goodwill that finds ways to eliminate dehumanising poverty and repressions and peace without the point of a gun, etc. It's a world with daily TV news showing more stories of good news and less lower nature bad news. As the foundation stones for a better world, I seek to spread encouragement for increasing understandings of oneself, of all human beings and I seek to remind everyone about the equal importance, the equal value, and unseen majesty and grandeur of the very life essence, (Soul) and the spiritual birthright of all Souls. What will this do, you might ask. Consider this ; We are told that a persons life is an acting out of their self image - the image of what one believes about themselves becomes the story of their life. Other than those few enlightened ones, self images are far less respectful than they rightly should be. Placing the emphasis on the lower nature expressions causes self images that outpicture as all the conflicts, the lower ethics and depressing, undignified daily TV news. Low self images attracts troubles and conflicts. The bad news can be changed to good news when individually and collectively we hold higher opinions of ourselves, based on understandings of the higher spiritual dimensions. The vision of increasing higher understandings is the reason for my request :

For the sake of a better world, I urge you to expand your understandings of who you are. And rather than believe someone else's truth, go search to discover your own truth. When you have the intention, or *the will*, then sooner or later *the way* will show up. Try starting with the popular self enhancing poem, *Desiderata*, which includes these words ' *You are a child of the universe, no less than the trees and stars...*' (you can get the full version from my web page) You can translate this to say that all, everyone and everything is of the One, the one essence that animates and sustains all - the mystery schools and spiritual teachers tell us this. The quote from Nelson Mandela (another free pin up memory jogger on my web page) speaks of a higher truth about you and all people - this is enlightening. As an inspiration for self acknowledgement, ponder on William Shakespeare ; in Hamlet he wove in his higher knowing when he said of human beings ; " *What a work is man, how noble in reason, how infinite in faculties, in form and moving how express and admirable, in action how like an angel, in apprehension how like a god ; the beauty of the world, the paragon of animals.*" The enlightenment of Eckhart Tolle in his book, *A New Earth*, answers the ' *who or what am I* ' questions as a higher understanding challenge to limiting / belittling self images. As a person accepts higher understandings of what the eye does not see with human beings, including themselves, their new feelings of worthiness, plus higher self respect / self images, will reflect as more harmony and goodwill for a peaceful world. So I hope I have you reflecting on the level you personally respect and honour yourself, especially as an equal human being, as is the case with those who have higher more enlightened understandings of who and what we human beings are - that's all of us without exceptions.

As a gesture of friendship, please receive this as an inspiration for acknowledgement of who you are. It has been said that if a person could truly see the full majesty and radiant glory of Soul, the dimension that says I am that I am, that person would fall down on their knees in homage or worship. I hope that you use me as a catalyst for reaffirming yourself along with others as an equally valued and worthy member of the global family of humanity, and a radiant being of majesty and grandeur, far, far grander than what physical eyes can see. New levels of mutual respect will grow and blossom as more and more people gain higher understandings of who and what they are as the basis of their spiritual dimension similarities with everyone else . With greater respect from higher understandings there will be higher ethics and higher visions, ending exploitations and conflicts that cause hurt and suffering. Human rights for all will become the norm. Compassion and kindness of the higher nature will replace financial meltdown greed arising from fears of insecurity.

I have been sent to you as a way to reach out and convey this message for building friendliness by showing how self understandings for higher self respect / self images, the higher nature's love and goodwill will flourish. Use me as a reminder that people can quickly have sufficient mutual respect for each other to co-exist in supportive harmony. Use me as a reminder that everyone can live and let live for a safe and peaceful world as the only way for everyone's children to inherit a safe and life sustaining environment, without wars or other unenlightened barbaric ways of resolving conflicts. As a Seed of Friendship, please give me lots of chances to encourage positive and uplifting contacts between all the people of goodwill, the people who want to make a difference, people who want to do something to bring out the goodness within all people, to bring out more of the higher nature of human beings as the way for a better future.

*Even though some seeking to retain positions of power may resist me, my dream is of a friendly peaceful world for the children to Inherit – without stockpiles of A bombs sufficient enough to kill off all life so many times over. The harmony that starts to build in the atmosphere from person to person thoughts of friendship and goodwill, will have a good positive uplifting influence for all people. The more this happens, the greater the effect – so please, will you join in emailing multiple numbers of me across the world. You can go to the web site, click on the **Seeds of Friendship** and send me to everyone in your address book and to every email address you come across during the next few years - yes it takes time. Your efforts will make a difference for a better world. May you have lots of friends. May your grandest dreams of peace, good health, love and happiness for yourself and your family be the very least you have and enjoy. May the love and goodwill of our higher nature become the guiding force for peaceful co-existence. May the children inherit a safe and peaceful and life sustaining environment. May you find more good seeds at ; www.goodwillpeople.net and may you be uplifted and better off from me reaching to you.* With heartfelt thoughts of friendship, peace and goodwill from the person who sent me to you.