

*Thank you for being just the way  
you are...*

*You have added something nice  
to my life...*

*When I think of you, I feel  
a flood of gratitude...*

*With loving friendship.....*

**Greetings, I am a Seed of Friendship.** Someone sends you these kindly thoughts of appreciation. I do hope their gesture of goodwill gives you a feeling of upliftment. The person who gave this to you is probably feeling good and uplifted also. Sharing one's love and heart-light (as thoughts and deeds of goodwill) is the way to lift and be lifted. This is the Law of Attraction working, it's the principle of sowing and reaping - or said a different way: as one gives out to life the cause and effect balancing out brings the same level back. It's like when you plant bean seeds, they grow into bean plants and give you more beans - you can not harvest tomatoes from bean plants. Some say it is cleverly all set up this way as endless opportunities for learning to be responsible creators when forming imaginings, thoughts and words. You can use this to your advantage by only planting seeds for the harvest you prefer as your life experiences, always remember that like attracts like.

As the messenger for promoting friendship and goodwill between people, I also seek to shift your attention to the goodness of life. I hope that I have helped to shift the focus of your attention to that quiet place of goodness inside - because when you focus on the good and the uplifting, your heart opens even more, then more of your inner beauty, your heart-light, (Souls very essence of love) is allowed to more freely outflow into your environment. This makes a difference in the atmosphere. You may have experienced how you feel better in the atmosphere of a sacred building, how the air is more serene and pleasantly uplifting compared to some places where it can get rather heavy. When just one person allows the full sunshine of an open heart to radiate out it can cause others to feel better when breathing in such blessings from the atmosphere around them. You may notice how even the doom and gloom merchants take a holiday from selling their negativity and fears during the Christmas season when the spirit of giving (expressions of love) are present in the air as the very opposite positive influence.

The other magical thing that happens is how vibrations of love and goodwill are contagious. When you open your heart and share your heart-light you will find others also opening their hearts to share more of their heart-light also - and so it can happen that your goodness may become amplified many times over. Vibrations of goodwill inspire more similar expressions, they cause an uplifting difference in the atmosphere as a blessing to all, such friendliness and goodwill can change history.

Now I would like another chance to add a little sunshine to another person's day, and to add a little more goodwill into the atmosphere. To do this, and as a gesture of friendship, I need you to give me to someone you know or would like to know. To feel at ease about doing this, use only first names. Your goodwill may help that person more than you will ever know. As you give my message with sincerity, notice your own good feelings present, (you get to have more of whatever you focus your attention on). This is why happiness is found in giving of oneself, or doing something just for the sake of love. Such enlightened higher nature expressions will allow our children to inherit a world of friendly, peaceful harmony. Thanks for joining in, may beautiful things happen for you today, and all the days of your life. I am from ; [www.goodwillpeople.net](http://www.goodwillpeople.net)

My endless journey started from the village / town / city of ..... on this day...../...../ .....

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When this side is full use the same format on the back to give room for the greatest number of stops over for me. Thankyou.