



Congratulations, you are Admired as a winner in the game of life.

Someone admires how you let your higher nature shine out as a gift to life. Someone admires you for being the example of how the world will become a better place as ordinary people let their light shine in ways like these ; Accepting - Friendly - Respectful - Compassionate - Understanding - Joyful - Considerate - Sincere - Forgiving - Generosity - Integrity - Courage - Humility - Fairness - Courtesy - Serenity - Patience - Giving - Tolerance - Accepting - Peaceful - Ethical - Caring - Sensitive - Kindness . You will know what fits you, so please look into your mirror and acknowledge yourself on how others see your higher nature, and acknowledge yourself for making the world a better place.

Greetings, I bring acknowledgement and admiration to you..... Everyone is better off when someone shows their higher nature, or even some of their grandeur, or greatness. I say some, because the divine heritage of all human beings means that there are latent higher qualities within everyone, excepting perhaps the living Saints. Everyone has a higher nature, and acknowledging these positives is a way to encourage each other to bring out more of our higher qualities. That's something I hope to do as I travel around the world from person to person on a journey of continued reminding people that showing more of their higher qualities does make a better world for all. I hope to encourage lots of people to look for, to focus on and to acknowledge the higher qualities of each other.

If you will take a few moments to think about the higher qualities you have, and think of the various times when they were showing for others to be able to notice them, you may start to connect to the source from whence your goodness outflows as your higher nature - this is shifting your awareness more to Souls true self. You may recognise Souls centre of calm, much like the eye at the centre of the storm, or you might know it more as an inner wellspring of loving feelings. What you will notice is how you start to feel good inside whenever your attention is fully focused on the good and positive qualities within yourself, or the good you see in others. The reason for this is that the focus of your attention becomes much like a tuning knob on a radio - whatever vibration level or frequency you focus on, you attune to, you energise or amplify and become as one with at the non-physical dimension. This is how I promote more good feelings wherever I stop over - when people feel good, their good thoughts build up in the atmosphere, this inspires more of the same (just like the Christmas spirit is uplifting) and the extra goodwill in the air can overflow towards all, even towards repairing the environment.

Another job I have is to encourage you to use the message of acknowledgement to you for your own advancement. To do this may I suggest that you write 8 or 9 (*you will know which ones*) of the above qualities on a large sheet and stick it to your bathroom mirror for a few weeks to let it really sink in to be like solid pillars of your self image. If you do this, then whenever you think about yourself you will also think of these higher qualities you have. This also gives a highly appreciated sense of oneself, a higher level of self esteem. There is a good reason for this : A personal self concept of what one believes about oneself (*that's one's self image*) becomes acted out to become reflected as that person's experiences of life. This is why we see the rich get richer whilst the poor stay poor. We read how beliefs shape destiny - this especially applies to beliefs about oneself, one's self image. Use this knowledge to support yourself, if ever you hear anything that would devalue or diminish who you are (Soul) say "*cancel - I do not believe that* " and walk away from that one attempting to weaken your connection with the strengths of your true self (*support yourself by only believing what is truth*). Promoting negative self images (*to out-picture as negative experiences*) is inhumane and not the way of love, for love only strengthens and uplifts.

As a Seed of Friendship, my blossoming is when people acknowledge and show more of their higher nature qualities - this means allowing more of their love to outflow because what we focus on we energise and amplify. If you can imagine how more higher nature expressions will show out as more goodwill for a better world, then I ask you to please pass me on where my top message fits. If you can-not think of anyone in particular, then hold me between your hands, ask your guardian angel to guide you to leaving me where someone unknown to you, yet deserving, will pick me up - then follow your inspiration of where to leave me for that next person. You may leave me in a waiting room, a laundromat, a telephone booth, a table in a café, a park bench, in a letter box, under a door or even on a car window screen, etc. Please keep me circulating, because as more people acknowledge their higher nature giving, everyone will be better off, plus we will see more caring attitudes towards the environment. Thank you. When you do this you will feel good and your goodness will uplift everyone around you - enjoy. I am a Seed of Friendship, print more seeds at ; www.goodwillpeople.net

My journey was started by at (village / town / city)..... on this day.....//.....

The different people I have reached to for building lots of mutual admiration society friendships, are ;

Name at (village / town / city) on this day//

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Use pen names if you want to. When this side is full, please use the back in the same way, this allow me lots of stopovers.