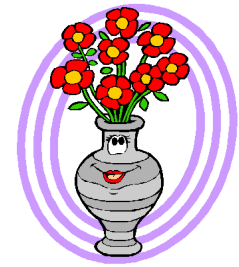


# Have a Beautiful Day



**Greetings ....I carry a wish that you have a beautiful day.** Someone you may know or may not know is wishing you to have a beautiful day. A beautiful day is a day where you feel so uplifted that you see the beauty and feel more of the beauty that is all around, whilst at the same time being blinded to the rest. Even a stranger sending a wish that you have a beautiful day is really a way of sending their love and goodwill to you.... so I do hope that you allow yourself to be open to receive the uplifting energy. Being open, that's having an open heart, is one of the simplest ways to see beauty. We see the inner beauty of a person radiating or shining out at those times when their heart is open... .so why not give the world a blessing with allowing your own inner beauty to become more visible by choosing to have an open heart. Remember that when your heart is open, not only your inner beauty is seen, you will then have eyes to see more of the beauty in others and that will surely have you feeling good, and the positive side of situations is more predominant - this makes life more beautiful for yourself and others.

*So, although its good and nice to be on the receiving end of someone forming kind and loving thoughts into consciousness with your frequency attached to them ... especially in this case the wish that you have a beautiful day, you can have as much uplifting influence as you choose to create for yourself. With understanding and experimenting, you will find that there is no need to depend on others for you to feel uplifted, or to open your heart and thus create yourself beautiful experiences, even today, or whenever you choose to. The two secrets are to first make a decision to have a clear intention for what you want - in this case a beautiful day. And the other is to create the inner state equivalent to what you want to have as your experience - in this case to feel so uplifted that beautiful thoughts and beautiful words happen without even thinking.*

This decision means to wholeheartedly intend to have a beautiful day..... You can do that. If you want to, you can also create an inner state that causes you to be uplifted. To do this, you simply need to focus the out flowing spiritual energy of your attention on whatever has you feeling uplifted, until your inner state is as an open heart. There are lots of ways you can do this, some ways to experiment with are : Write an ongoing list of everything you could be grateful for. Do something that will bring a smile to another's face. Choose to be unconditionally accepting without any judgements of good or bad / right or wrong, etc. Use self-talk to your advantage, i.e. say to yourself over and over an uplifting affirmation like "Life loves me and I love Life" ..do this enough and you will believe it and thus make it your reality.... Use the secret of how like attracts like.., you get back as you give out. You will find lots of ways to feel uplifted if you want to ....a sincere, desire will open the mind to see endless new opportunities. Try doing some random acts of kindness ( *be sure you stay anonymous* ) ....do things just for the sake of love, knowing that whatever you give to life, those very same vibes will be your blessings also, which brings me to this opportunity.

*Please consider choosing to wish a beautiful day for each person who has included their identity below. Do this one at a time. You do not need to know them. All you need to do is speak your heartfelt intention into the atmosphere and trust that in almost that same instance as you speak their name or initials (their vibrational frequency) that person will have your kindly thoughts of goodwill connect with them... they may allow it into their conscious awareness there and then or maybe when they stop and quiet their thinking it will be felt. Thoughts are things and space distances do not apply in the dimension of thought. You have probably experienced this on occasions by knowing who was calling you just before the phone rang.*

If you want to, you can add your name or initials to the list below as a way of asking those I reach to on my long journey to send you their kindly thoughts for you to have a beautiful day. Please keep me circulating, I am happy to go anywhere in the world, especially to someone you do not even know, for this builds unseen bridges of goodwill ... enough of these will build up to later on blossoming as outer dimension expressions of goodwill. To do this hold me to your heart and sincerely wish a beautiful day for whoever I reach to next ...then post me, or put me in a letter box, or pass me on to someone new. Take notice how the support of others added to your own efforts can assist you to create yourself lots of beautiful days. I am a Seed of Goodwill. You can join us and print out more of me and others at; [www.goodwillpeople.net](http://www.goodwillpeople.net). Have a beautiful life.

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