

Kindred Spirit Award

To: _____

*Kindred Spirits
are special friends
who encourage our growth,
enrich our self-esteem and
by their presence give comfort.*

Thanks for being my friend.

From: _____

Kindred Spirits

The Quest for Love and Friendship

Open Book Publishers

&

Abundance Company

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Kindred Spirits

The Quest for Love and Friendship

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Stress Survival Kit: 52 Stress Management Tools

Vitamin T: A Guide to Healthy Touch

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Above and Below

I met you as a traveler
requesting a ride to a given destination
you carried me to that place.
Little did I know that you would take me
to a far and distant place,
beyond my wildest dreams.
Little did I know that you could guide me
through the dark and scary places.
Little did I know how much you would
teach me of the expansiveness of
friendship, the closeness of two minds
meeting, the tenderness of the skin
upon our lips.
May we continue to meet as travelers
sharing the contents of our adventures,
inspiring each other to move closer
to our dreams, those dreamed and yet to
be dreamt.
May we continue to create a temple
in each other's hearts,
inviting the eternal mystery
of life and love,
above and below.

by Georgia Peterson

Opening

I welcome you on the quest for love and friendship. Whether you long for close relationships or you have already developed a community of kindred spirits, the potential in your life for deeper love invites further effort. No matter where you are on the path, we will investigate the skills necessary to attract and enhance the relationships you desire. The quest is all about becoming a more loving person.

As a young man, I began my journey with the painful realization that the loneliness I felt was the result of choices I had made. My search for kindred spirits gave me direction. I became clear that I wanted mutually nurturing relationships. Slowly I traveled from lonely to loved.

You hold in your hands an intimate record of my thoughts, feelings and insights on the subject of love and friendship. This is a personal invitation for you to enter into a relationship with me, as I open my life and share my struggles and my good fortune with you. I hope that my offerings will be an inspiration to you in your own quest.

Topics like friendship, love, intimacy and spirit are extremely hard to broach. The limitation of words quickly becomes apparent. At best, the information contained herein is still a rough sketch, an outline for exploration. Your actions will fill in the texture and color bringing the concept of "kindred spirits" to life. I welcome your suggestions to improve future editions.

I started a tradition of selecting a goal each year as a way to focus my energy. Several years ago I had trouble coming up with my goal. I jokingly beseeched, "Show me a sign!" For the next 15 days, I was repeatedly given a single message. The statement appeared in magazines, newspapers and in conversation. It showed up on posters and post cards, on the radio, even on a T-shirt. Friends started sending the message to me in the mail. The "Cosmic Coincidence Center" was working overtime. The statement was:

We can make a world of difference.

I realized that this sentence was not complete. We can make a world of difference ... one gesture of kindness at a time ... one act of forgiveness at a time ... one smile at a time ... one virtue at a time. We can change the world one child at a time ... one friendship at a time ... one spirit at a time.

Making a difference is a full time task which requires a commitment to virtue. Change yourself by mastering the virtues described in this book. The better you take care of yourself, the better prepared you will be to care for others.

I consider my friendships to be the major accomplishment of my life. Each friend has provided me with fibers of understanding to weave into a living tapestry. I am excited about the future, eager to discover where I will venture next. By the time you read this book, I will be somewhere else.

A grand paradox is that everything we do matters, but conversely, nothing matters. We mysteriously affect the universe in ways that we cannot even imagine. Awaken each morning and strive to be the best person possible. Attempt to act as if the fate of the universe depends on your goodness. Then laugh at the cosmic joke!

I am encouraged by the increasing number of people working hard to make a positive difference. There are many fine examples of how one person's quest changed the course of history.

The world needs your love and consciousness.

Thanks for traveling with me!

Bob

Guide Book

I have conversed in depth with other explorers in the realm of love and friendship. I am amazed by what I have learned from these teachers, mentors, guides, healers, sages, poets and co-conspirators. I have been equally impressed by the eagerness of strangers in my seminars to pass along their wisdom.

Before I venture into any foreign country, I always purchase a travel guide to help me plan my trip. Such guidebooks show the possibilities to explore, from the perspective of a seasoned traveler. It is an infinitely valuable perspective.

Throughout the book I have placed customized gear that you can use on your adventures. As you read, you will find "bold" sayings inserted as travel tips. I will introduce you to a cast of characters to illustrate the different aspects of friendship. Their stories will be in italic. Sprinkled throughout the book will be questions for your reflection and exercises to strengthen your skills.

Share this book with someone whom you'd like a deeper relationship. The ideas can serve as a springboard for stimulating discussions and activities. Feel free to write in your book like a journal, to record the insights of your quest. You may wish to keep your book open where you will see it during the day. Give yourself all the time you need to integrate each concept into your life.

Enjoy!