

#2 Mutual Virtues

The foundation of my quest is to find kindred spirits with whom the skill level is mutual. People who understand how the virtues work have a wonderful potential for reciprocal energy exchanges. I find that I am drawn to those who value these qualities. In my important relationships, virtuous acts flow both ways.

To find my kindred spirits, I must be willing and eager to be transformed by the virtues of my friends. I strive to create an environment for healthy friendships to flourish by providing an overflow of virtues to nourish them. The quality of my relationships sets the tone of my life. When I enjoy being virtuous, I find that I attract virtuous people.

To find better friends, become a better friend by becoming a better person.

Virtues are a blend of enlightened self-interest and concern for the good of others. Kindred spirits seek virtue-centered relationships. The better I know and express my own virtues, the more love and intimacy I can share with others.

We will examine a few of the virtues common to kindred spirits. The intention is to develop these qualities in yourself while practicing with family and friends. As you review each virtue, imagine a person in your life who exemplifies that virtue well. The alphabetized virtues list gives you an idea of the scope of being a good friend. These familiar attributes can be seen as an opportunity to expand and integrate virtues into your life.

Notice which elicit a strong emotional response in you. You may wish to devote a day, a week, a month or a year to focus on developing just one virtue. The cultivation of virtuous friendships is our quest.

Virtues are skills that require the devotion of precious time as you actively engage in balancing and customizing your actions to the needs of your relationships. Each of these important attributes deserves its own book. Treat these pages on virtues as a primer for reflection. You may wish to write your own interpretation and stories about each virtue.