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## Hello Friend

by Rebbie Straubing

I just woke up from a dream that shifted my whole perspective. I still feel the touch on my hand of the soft palms of my new friends. I still feel the warmth of their sincerity. I'd like to invite you into my world to share this pivotal moment and call you to create your own.

### The Dream

In the early part of the dream, I had to release some fear in order to allow myself to glide down what seemed to be a dangerous, multi-curved channel. I felt confident with my favorite 15-year-old teacher sliding ahead of me as my inspiration.

This journey led me to an enormous pavilion where crowds of people, including large groups of Arab men, were congregated. These men were of a new order and it was their custom to take the hand of anyone who came in their path and to say, "Hello Friend." I walked with them, enjoying their contagious friendship. I too began greeting them, "Hello Friend." I wondered who these people were. I felt such connection with them and such joy in their company. Their hearts were open and their stance so kind and stable that their presence uplifted me to their warm tone. It caused no ripple between us that I am Jewish and they are Arab. It became evident that the outdated construct of conflict was no longer active. I walked through a sea of these smiling men with hands outstretched and gentle smiles. The mantra that hummed through the halls was "Hello Friend."

### The Passageway

Through a release of fear I popped into a land where those who could have been perceived as enemies became friends. By following the guidance of a teenager, I found purity of heart. By trusting the journey, I came to a place that I had never been before.

### The Transformation

What's different now? I feel the urge to continue this practice. I feel inclined to greet everyone I encounter with my hand outstretched and my mantra warm and fresh. Will I have the "chutzpah" to carry my new Judeo-Arabic inspired practice into the streets of New York? I will let the moment inspire me. I will begin with a silent practice, "Hello Friend." Then, as I feel the openness, I will speak to their hearts, "Hello Friend." And when the moment is right, I will extend my hand to a stranger on the street and with the concentrated power that heals ancient enmity, I will say, "Hello Friend."

### The Invitation

I'm reminded of Arlo Guthrie's supplication in his masterpiece of so many years ago, "Alice's Restaurant." If you are of my generation, you probably knew most of this 18-minute recording by heart. Maybe you recall that, at the end, he suggests that if you are in a "similar situation," that you, "Walk into the shrink wherever you are, just walk

in say, 'Shrink, you can get anything you want at Alice's restaurant.' And walk out."

He then weaves us around to the conclusion: "Can you imagine fifty people a day, I said fifty people a day walking in, singin a bar of Alice's Restaurant and walking out. And friends, they may think it's a movement. And that's what it is."

With Arlo as my mentor, I invite you to walk through life shaking a hand, saying "Hello Friend," and "walking out." And friends, they may think it's a movement. And that's what it is.

### The Movement

You can join this movement right now. It begins in your heart. A guarded hand and empty words do not constitute membership. Better your words are silent than forced or uncomfortable. Look into your own heart as you look into the face of another. Silently hum the mantra, "Hello Friend."

It's easiest to begin with those who are already your friends. Greet them with your heart. "Hello Friend." Move on to strangers. Silently, as they pass you during rush hour, greet them in your heart, "Hello Friend." You can even apply this to your own body. Your knee hurts? Greet it, "Hello Friend."

Your field will become warm and nourishing to all those you encounter. You will uplift others to your warm tone. Your palms may become springy and desirous of a hand to shake. You may soften in your stance with your mother-in-law or your ex. Who knows how far you may go with this? Maybe you will slowly work your way up to those who seemed like enemies only yesterday.

I wish you could have been there with me in the dream space of so many kind-hearted strangers, all announcing their sweet intention of friendship. Maybe you were. It is something to imagine: great numbers of people, all offering their open hand and their elevated perspective to anyone seeking heart-to-heart human kindness for no other reason than that we are all here together. I invite you to release a little fear, explore your own curving passageway, follow your own guides and be transformed. Thank you for listening, Friend.

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Dr. Rebbie Straubing's free e-course, *7 Secrets for Manifesting Your Heart's Desire* is available at [www.YOFA.net](http://www.YOFA.net) and her meditation recordings are available for download at [www.AffirmativeContemplation.com](http://www.AffirmativeContemplation.com). To get news and updates on Rebbie's offerings, send a blank e-mail to [yofa@GoldenReports.com](mailto:yofa@GoldenReports.com).

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