







*Influencing the Affairs of the World -*

*“A foodpackage for life!”*

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*Kids With Integrity*

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### Changing the world to a better place

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Only you and I can change this world to a better place. Certain values being part of each and everybodys heart and soul, naturally as breathing can make the necessary change. When we in everyday life act according to these values and not put them on and off like a sunday suit, the world can be a better place for all. In this **"foodpackage for life"** I am giving you what I have found throughout my life to be the necessary ingredients to live by and have as a foundation for all interaction with others, decisions and actions. When this foundation is lacking, people hurt and suffer in so many ways. And when they exist the world can be a flourishing garden of life for all in it.

*You are  
Valuable*

### **You are a unique creation in this universe**

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No one is like you. You are a unique creation in this universe. No one can fill your place. You are like the most valuable treasure. You need to appreciate and take care of yourself. Explore yourself and who you are supposed to be. Explore your soul. This is your feelings, your talents, your inner being, the part that maybe you feel cannot be seen, but you feel is truly you. Don't try to change this to be like someone else. You will not succeed, because you are not meant to be anything but the one you were created to be. You are a wonderful creation just the way you are.

# *Faith*

**You need faith!**

Often in life you will need faith to guide you and lead you. Faith will carry you through any circumstance. Faith will help you remember there is a hope and new day no matter circumstance, if you just wait you will see. With faith anything is possible. Have faith that there is light at the end of a tunnel. With faith you can walk where it seems impossible to go. Through faith your life can make a difference and you can fulfill your purpose on earth. With faith anything in your life can be a source for something good.



*Keep your beliefs and values  
before you and do not leave nor  
forsake them. Do not be afraid;  
do not be discouraged.*

*Your faith  
will be tested !*

**Your faith will be tested**

Your faith will be tested when you least know and expect. It will be tested in everyday happenings, experiences, circumstances and people. Never give up your faith. Sometimes it is all you have left. But it is enough to get you through any problem or circumstance. It can carry you through the darkest of times and troubles. Let faith lead and guide you. Faith is to see and believe in something that is not yet seen or happening.

# Hope

**You need hope**

To have hope is the most important thing in life. It can help you through anything. Never give up hope. Hope is the fuel you need to live and act every day. Hope makes a difference. Don't let anyone steal your hope. You can make a difference for yourself and others.

*Whatever is true,  
whatever is noble, whatever is right,  
whatever is pure, whatever is lovely,  
whatever is admirable - if anything is  
excellent or praiseworthy-  
think about such things.*

*You will be tested  
to give up hope!*

**You will be tested to give up hope**

You will be tested to give up hope. Never let go of hope. Hope will get you through the darkness. Hope can be a light and guide, a power to fight. Hope is a promise of something not seen, not experienced, but to reach for and work for, the fuel and driving force to go on. So let no one take your hope from you. Let hope guide you.



*And we know that all things  
works for the good for those who live  
and act according to love.*

**With endurance, courage and strenght even the bad and hurtful things experienced in life can be turned into something useful for oneself and others.**

It is possible to make use of anything happening to you. If you allow life's pain and sorrow also to teach you, anything bad can be turned into learnings for something good in life and for our interaction with others. The worst experience can turn out to become a great resource in life for development and progress, so never give up.

*Love*

**You are loved!**

Remember you are loved no matter what. You are the most precious being.

Don't build your self-esteem on other people's judgement of you.

You are loved because of your own unique being.

Love is the most important ingredient in life, so give love, no matter what.

Let love guide your words, your actions, your judgement.

Love all, even your those working against you.

*Your love  
will be tested!*

**Your love will be tested**

You will be tested to stop loving, to stop to give love, to stop believing in love. You might be hurt or deceived. Never stop believing in giving love. Love those who hurt you. Love your enemies. Give love unconditionally. Let your love shine through you, and spread light in a world that to many is dark and unloving.

*And now these three remain:  
faith, hope and love.  
But the greatest of these is love.*

**Love is greatest**

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. And now these three remain: faith, hope and love. But the greatest of these is love.”



*Truth*

**Always tell the truth**

Be truthful in words and actions. Only than your fellow human beings can know they can trust you. Telling the truth does not mean to necessarily tell all you know. Do not lie. Do not tell rumours or help them get around. A lie can destroy someones life, it can hurt another person for life. Search the truth for yourself and don't get led astray by others.

The truth will always win in the end.

*Your honesty  
will be tested!*

### **Your honesty will be tested**

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Be honest with yourself and others. Your honesty will be tested in so many ways. Lies hurts yourself and others. Honesty sometimes is a hard choice.

Many "great" people have fallen into the trap to see "a cause" as the measurement of what is right and wrong. To protect "the cause" they ended up in lies and in this way causing damage to themselves and others and even to the very cause they tried to protect. Right can never be wrong even though all are against it, and wrong can never be right even if all are for it. Always be truthful to your heart and act according to love.

*Control your tounges!*

### **Learn to control your tongue**

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Words can build up or destroy. A word said load can be like a burning arrow, setting a fire that you can never turn out. Words can heal a friends heart, it can comfort and help and guide. Words can also break someone down. Words can create rumours and spread lies that can destroy a person and someone's life. Words can make people laugh or cry. Words can change minds, beliefs, the world. Use your tongue wisely and with control. Don't say all you know. Know to speak and when to be quiet.

*The mouth of the person seeking to  
live according to what is good and right  
talks wisdom, and from such a person  
comes words of justice.*

# *Equality*



**All human beings are created equal and with the same value**

All are created as equal beings and have the same value, no matter race, colour, sex, age or material standards in life. All have the same rights and should have equal share of opportunity and resources in this world. We are all children of the same earth. We need to work for equality in all aspects of life. We do not have the right to only think of ourselves and selfishly go through life when people all around suffer. We need to act on behalf of the underprivileged. We need to act for the equality of all human beings.

*Your values  
will be tested!*

**Your values are daily tested through your words and deeds**

Every day your values are tested through your every word and action. To live according to one's values requires constant conscious choices what to say and what to do and how to act. It can be how you act for your own self and how you act on behalf of someone else, or in the interaction with others. It is here your values will be tested, when you least think about it. You need to be conscious to stand the tests. Many people will try to make you leave your convictions. Know what to hold on to, when you feel you want to let go.

Estimate the cost for yourself and your fellow human beings.

# *Diversity*

**Diversity is the will of creation**

Each human being is a unique creation. All of creation is an amazing diversity. Diversity to be celebrated and not to be feared. We are not meant to be the same. Enjoy and explore the diversity of people. Together we complement each other. Do not look at others as a threat, but a gift to be enjoyed and explored and to complement and fulfill your life on this earth as you can complement and fulfill the life of others.

# *Integrity*

**Heart,soul, mind and actions - as one**

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Integrity is when your heart, your soul, your mind, your actions, all work as one. When you in your life wherever you are and no matter what you do, live and act according to the values you say you hold, no matter circumstance nor sacrifice to yourself in the everyday situations of life or in the extraordinary situations faced through a lifetime.

It is not through your words but through your actions it can be truly seen who you are and what you really value in life.

*Above all else, guard your  
heart, for it is the source of life.*



## You need to protect your heart

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Do not just let anything get into your heart. It is the source of life, so you have to guard what you let in and what you allow to grow and dwell there. Let your heart be a room for faith, hope, love and forgiveness and it will guide your thoughts and actions according to this. To guard your heart takes a conscious decision every day. It takes courage. It takes strength.

Truly you will influence the affairs of the world through each and every person who will experience love and hope through you.

*May integrity and  
uprightness protect me!*

**Live in integrity**

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Listen to the inner voice of your soul; let it guide you and put your trust and hope in it and you will not be put to shame.

Follow your convictions and let it guide you. Be humble to what is right and let integrity and uprightness protect you.

*Your integrity  
will be tested!*

**In everyday situations in life your integrity will be tested.** 43

Do you live and act according to what you say you hold as your beliefs and values. Or do you leave those if it requires something from you, if you have to choose between your own wellbeing or someone else's? Is what you believe and profess part of your being, or is it just something for sunny days, to create an image of you? Remember people will know who you truly are by your actions, not by your words. If you want to make a difference and influence the affairs of the world, you have to be truthful to your fellow human beings.

To live in integrity sometimes takes a conscious choice of your actions and could require sacrifice!

# *The Golden Rule*

Life can be good for all  
if we simply treat others like we  
would like to be treated ourselves.

*Love all of creation and all life with all  
your heart and with all your soul and with  
all your strength and with all your mind  
and, love your neighbour as yourself.*



*"Love your neighbour as yourself." —  
Moses (ca. 1525-1405 BCE)  
in the Torah, Leviticus 19:18*

*"What is hateful to you,  
do not to your fellow man."  
— Hillel (ca. 50 BCE-10 CE)*

*"What you do not wish upon yourself,  
extend not to others."*

*— Confucius (ca. 551–479 BCE)*

*"Do unto others as you would  
have them do unto you."*

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*— Jesus (ca. 5 BCE—33 CE)  
in the Gospels, Luke 6:31; Luke 10:27  
(affirming of Moses)— Matthew 7:12*

*"Hurt no one so that no one may hurt you."  
- Muhammad (c. 571 – 632 CE)  
in The Farewell Sermon.*

*Simple rules to try to follow each day to <sup>52</sup>  
wear the "Friendship Ribbon":*

*See to that all have friends and fellowship!*

*Help and support others!*

*Sacrifice something for someone else!*

*To wear the friendship ribbon -  
live by these rules every day*



*Forgive and  
ask forgiveness!*



**You need to forgive and ask forgiveness**

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You need to forgive others, even if they don't ask forgiveness.

You need to ask forgiveness when you do wrong. You need to forgive not only your friends, but even those working against you. Only through forgiveness you can keep a sound heart and walk through any circumstance stronger and with new wisdom. If you don't forgive, - depression and bitterness gets a ground that will break you down from inside. Forgiveness heals the inside of your heart. Forgiveness can take time. Allow your feelings, but heal yourself through forgiveness.

*Train up the children  
in the way they should walk,  
and when they are old  
they will not depart from it.*

*With Love*  
*Bjerg Farstad*

*[www.kidswithintegrity.com](http://www.kidswithintegrity.com)*

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